



**PASSIONIST  
MISSION  
MANUAL**

"We preach Christ Crucified"

**SOUVENIR**

of the

**MISSION**

given by the

**PASSIONIST FATHERS**

in the Parish of

Date .....

Missioner(s) .....

May the Passion of Our Lord Jesus Christ  
be ever in our hearts.



**PASSIONIST**  
**MISSION**  
**MANUAL**

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**THE PASSIONIST FATHERS**  
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## WHAT IS A MISSION ?

It is an extraordinary grace sent to all the Catholics of a parish :

*to the good*, to make them better ;  
*to the careless*, to make them more fervent ;  
*to the sinful*, to restore them to grace and virtue.

Its purpose is to bring God's blessing on the parish and its people. It is also a time for spiritual reflection, while its result should be that all will be holier and, consequently, happier.

## IN WHAT SPIRIT MUST I MAKE THE MISSION ?

I will turn to God with all my heart.

I will resolve to give up my sins.

I will resolve to gain all possible benefit from the Mission.

I will attend the services as regularly as I can.

I will try to make a good Confession and a worthy Holy Communion.

## HOW CAN I PROMOTE ITS SUCCESS ?

By giving good example to all, especially the lax and careless.

By bringing or sending others, and by making attendance as easy as possible for those in my employment or under my care.

By talking to others—especially those who need it—about the Mission.

By praying *daily* during the Mission that it may be a lasting success for *all*.

By asking Our Divine Lord and His Holy Mother to help and inspire the Missioners.

## WHAT IS A PASSIONIST MISSION ?

While fulfilling the ends of *any* Mission, a *Passionist* Mission enjoys a characteristic spirit in that it specialises in devotion to the Sufferings and Death of Our Saviour, and has running through it, like a golden thread, sorrow for sin and purpose of amendment which spring from the love of Jesus Crucified.

With the missionary standing in the guarding shadow of the Crucifix, it is conducted in the atmosphere of Mount Calvary. Hardly a sermon is preached or a lecture given without reference to the Sacred Passion, thus engendering in the people's minds and hearts the most impelling of all motives for hating sin and returning repentant to the foot of the Cross.

A distinctive feature of the Passionist Mission is the short lecture or "meditation," given each morning, on some aspect of Our Saviour's Sufferings and Death. These "talks" on the Sacred Passion are treated not merely devotionally or descriptively, but with practical application to the daily lives of those who hear them.

Those unable to be present in the mornings, however, are not left uncatered for in this respect. Every evening, after the Rosary and before the recital of short and simple ejaculations, there is given a brief thought or sentiment on some aspect of the Sacred Passion designed to ensure the more fervent repetition of the ejaculations, thus arousing one's love for Jesus Crucified and, consequently, sorrow for sin.

MAY THE PASSION OF OUR LORD JESUS CHRIST BE EVER IN OUR HEARTS !



## MISSION INDULGENCES

The following Indulgences may be gained by those who attend Missions or Retreats conducted by the Passionist Fathers :—

### PLENARY INDULGENCES :

1. For attending the Mission Services at least five times and going to Confession and Holy Communion. (*Pius IX, March 22, 1852*).

2. For the sick, and for those who live at a considerable distance from the church or who cannot attend the mission at least five times, by doing some pious work enjoined by their confessor. (*Pius IX, March 29, 1855*). This Indulgence may be prolonged by the missionaries for *fifteen days* in favour of those who, for some reasonable cause, are unable to receive the Sacraments during the Mission.

3. For those who make *one* visit to the church where the Mission is being given and in that same church go to Confession and Holy Communion and pray for the intentions of the Pope. (*Benedict XIII, Sept. 5, 1726*).

4. For those who are present at the close of the Mission and receive the *Papal Blessing*. (*Gregory XVI, April 2, 1832*).

5. For those who visit the church in which the Mission has been given for *seven* Sundays afterwards in honour of the Seven Dolours of the Blessed Virgin, and go to Confession and Holy Communion on one of these Sundays (*Pius VII, Nov. 9, 1815*); and also for those who, for *nine* Sundays after the Mission, visit the same church and go to Confession and Holy Communion on the *ninth* Sunday. (*Benedict XIV, May 10, 1755*).

6. For those who, for *forty days after the Mission*, say some prayers for the grace of Perseverance, and go once, within that time, to Confession and Holy Communion. (*Gregory XVI, July 7, 1843*).

## PARTIAL INDULGENCES :

1. *7 years and 7 quarantines* to be gained each time the Mission is attended and some prayers offered for the conversion of sinners. (*Pius VI, Aug. 22, 1778*).

2. *40 days*—as often as one may wish—for every spiritual or corporal work done by way of helping our Fathers during their Missions. (*Clement XIV, Nov. 16, 1767*).

### CONDITIONS FOR GAINING INDULGENCES

For many Indulgences, a necessary condition is "to pray for the Pope's intentions." This is fulfilled by reciting at least one *Pater, Ave* and *Gloria*.

When it is stated that a Plenary Indulgence may be gained "under the usual conditions", it is necessary to go to Confession and Holy Communion, to visit a church and to pray for the intentions of the Holy Father. No *special* Confession need be made, however, by those who usually go to Confession at least twice a month or who habitually receive Holy Communion daily (This concession does NOT apply to "Jubilee" Indulgences).

BUT, to gain a Plenary Indulgence *toties quoties* (i.e., when the same Indulgence may be gained repeatedly on the same day or occasion), it is necessary to say *SIX Paters, Aves* and *Glorias* for the Pope's intentions *EACH* time a visit to a church is made. (*S. P. Ap., July 5, 1930*).

It is important to form the *INTENTION* of gaining Indulgences. Thus, a habitual intention may be formed in the following words: "O my God, I wish always to gain all the Indulgences that I can."



## PRAYER FOR THE SUCCESS OF A MISSION OR RETREAT

O Jesus, most holy Redeemer, our Master and our King, it is to Thy Sacred Heart, that ocean of love and goodness, that we owe the inestimable blessing of a Mission (or Retreat). Touched with compassion at the sight of our miseries and the eternal unhappiness that threatens us, Thou hast resolved to save us. The missionaries who are coming to us are Thy representatives ; in Thy person they will break for us the bread of God's Word and will bring to us the joy of forgiveness. Grant, O Lord, that we may be faithful to Thy grace and correspond zealously with the advances of Thy mercy. Let the preaching of Thy eternal truths enlighten and enliven our minds, and deeply move our hearts, so that we may realise our shortcomings and sincerely repent of them.

To the poor souls plunged in the darkness of ignorance and error, do Thou grant the light of faith. To those who have saddened Thee by a wicked life, do Thou give the grace of a sincere conversion. Bestow fresh fervour upon the lukewarm, and upon the just true progress in the way of virtue. Send forth Thy Spirit upon all of us, and the face of this parish shall be renewed.

And thou, O Mary, Immaculate Virgin and Mother of Perpetual Help, thou art the refuge and advocate of poor sinners ; the more guilty they are, the more need they have of thy tenderness. It is for this reason that we implore thy powerful and motherly protection with all confidence. Our salvation is in thy hands : plead our cause and intercede for us with thy Divine Son.

Saint N. . . . ., Patron of this parish, pray for us during the blessed days of this Mission (or Retreat). Amen.

## THE OPENING OF THE MISSION

As far as circumstances permit, a Passionist Mission begins with an Opening Ceremony which, though simple, has a significance and a solemnity all its own.

Immediately after the last Gospel of the principal Mass, the Parish Priest (or another priest delegated by him) proceeds from the Sanctuary to the main door of the church where the missionaries, with the Mission Crucifix, await him. Here the Crucifix is handed to the Parish Priest who returns, followed by the missionaries, in solemn procession to the Sanctuary. At the foot of the Altar, the missionaries intone the *Veni, Creator Spiritus*, which is sung by the choir or, if convenient, by the clergy and choir alternately. The Mission Crucifix is then borne to the place prepared for it and duly erected. This done, one of the missionaries addresses the people and, having announced the programme or timetable, preaches a brief introductory sermon ; or, where even a short sermon is not feasible, he at least explains the meaning and the purpose of the Mission and the spirit in which it should be made.

In meeting and admitting the missionaries at the entrance to the church, the Parish Priest thereby extends to them a public welcome on his own behalf and that of his people, at the same time authorising them to cater spiritually during the Mission for the souls committed to his care. Correspondingly, the missionaries, in handing to him the Mission Crucifix, acknowledge their invitation and reception and place their work and the people of the parish at the Feet of Jesus Crucified. The singing of the *Veni, Creator Spiritus*, the Church's official hymn to the Holy Ghost, is to invoke the light and guidance of the Holy Spirit upon every word and work of the Mission, while the prayers which follow are to implore from Almighty God the grace of grief and compunction for sin and to ask,



through the intercession of Mary, Refuge of Sinners, that those making the Mission may rise from their iniquities to a new life of repentance and virtue. Finally, the actual erection of the Crucifix in the people's midst marks the formal inauguration of the Mission, throughout which it stands, as symbol and sentinel, over all, reminding them of Christ's love for both saint and sinner and arousing them to sincere sentiments of sorrow and spiritual regeneration.

## VENI, CREATOR SPIRITUS

*(Translation in English follows the Latin text)*

1. Veni Creator Spiritus,  
Mentes tuorum visita,  
Imple superna gratia  
Quæ tu creasti pectora

2. Qui diceris Paraclitus,  
Altissimi donum Dei.  
Fons vivus, ignis, caritas,  
Et spiritalis unctio.

3. Tu septiformis munere.  
Digitus Paternæ dexteræ  
Tu rite promissum Patris,  
Sermone ditans guttura.

4. Accende lumen sensibus  
Infunde amorem cordibus;  
Infirma nostri corporis  
Virtute firmans perpeti.

5. Hostem repellas longius,  
Pacemque dones protinus:  
Ductore sic te prævio  
Vitemus omne noxium.

6. Per te sciamus da Patrem.  
Noscamus atque Filium,  
Teque utriusque Spiritum  
Credamus omni tempore.

7. Deo Patri sit gloria,  
Et Filio qui a mortuis  
Surrexit, ac Paraclito,  
In sæculorum sæcula.

Amen.

V. Emitte Spiritum tuum  
et creabuntur.

V. Ostende nobis, Domine,  
misericordiam tuam.

V. Domine, exaudi oratio-  
nem meam.

V. Dominus vobiscum.

R. Et renovabis faciem  
terræ.

R. Et salutare tuum da  
nobis.

R. Et clamor meus ad  
te veniat.

R. Et cum spiritu tuo.

*Oremus.*

Deus, qui corda fidelium Sancti Spiritus illustratione docuisti, da nobis in eodem Spiritu recta sapere et de ejus semper consolatione gaudere.

Omnipotens et mitissime Deus, qui sitiēti populo fontem viventis aquæ de petra produxisti, educ de cordis nostri duritia lacrymas compunctionis, ut peccata nostra plangere valeamus, remissionemque eorum, te miserante, mereamur accipere.

Concede, misericors Deus, fragilitati nostræ præsidium, ut qui Sanctæ Dei Genitricis memoriam agimus, intercessionis ejus auxilio, a nostris iniquitatibus resurgamus. Per eundem Christum Dominum nostrum. R. Amen.

## ENGLISH TRANSLATION

1. Come, Holy Ghost, Creator,  
come,  
From Thy bright heavenly  
throne.  
Come, take possession of our  
souls,  
And make them all Thine own.

2. Thou who art called the  
Paraclete,  
Best Gift of God above,  
The living Spring, the living  
Fire,  
Sweet unction and true Love.

3. Thou who art sevenfold in  
Thy grace,  
Finger of God's right hand,  
His Promise, teaching little  
To speak and understand.

4. O guide our minds with  
Thy blest light,  
With love our hearts inflame:  
And with Thy strength, which  
ne'er decays,  
Confirm our mortal frame.

5. Far from us drive our  
hellish foe,  
True peace unto us bring:  
And through all perils guide  
us safe  
Beneath Thy sacred wing.

6. Through Thee may we the  
Father know,  
Through Thee the Eternal  
Son:  
And Thee, the Spirit of Them  
both,  
Thrice-blessed Three in One.

7. Now to the Father, and the Son  
Who rose from death, be glory given,  
With Thee, O holy Comforter,  
Henceforth by all in earth and heaven. Amen.

V. Send forth Thy Spirit and  
they shall be created.

V. Show us Thy mercy, O  
Lord.

R. And Thou shalt renew the  
face of the earth.

R. And grant us Thy sal-  
vation.



V. O Lord, hear my prayer. R. And let my cry come unto Thee.  
V. The Lord be with you. R. And with thy spirit.

*Let us pray.*

O God, who by the light of the Holy Ghost didst teach the hearts of the faithful, grant us, by the same Holy Spirit, ever to be truly wise and to rejoice in His consolation.

Almighty and most gentle God, who didst cause a fountain of living water to gush from the rock to quench the thirst of Thy people, draw from our hardened hearts tears of compunction, that we may be able to mourn for our sins and merit their forgiveness from Thy mercy.

Grant, O merciful God, support to our frailty, that we who celebrate the memory of the holy Mother of God, may, by the help of her intercession, arise from our iniquities. Through the same Christ, our Lord. Amen.

### PRAYER BEFORE THE MORNING LECTURE

Come, Holy Spirit, fill the hearts of Thy faithful, and kindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created.

R. And Thou shalt renew the face of the earth.

*Let us pray.*

O God, who by the light of the Holy Ghost didst teach the hearts of the faithful, grant us, by the same Holy Spirit, ever to be truly wise and to rejoice in His consolation. Through Christ Our Lord. Amen. 5 years. (S.P. Ap., Dec. 22, 1932).

Holy Spirit, Spirit of Truth, come into our hearts; give to all peoples the brightness of Thy light, that they may be well pleasing to Thee in unity of faith.

300 days. (S.P. Ap., December 22, 1932).

### MISSION EJACULATIONS

Before the evening Sermon, and also at the morning Meditation on the Sacred Passion, some of the following ejaculations are recited :

\* O Eternal Father, I offer Thee the Most Precious Blood of Jesus Christ, in satisfaction for my sins, for the relief of the Holy Souls in Purgatory, and for the wants of Holy Church. 500 days. (S.P. Ap., Apr. 3, 1941).

We adore Thee, O Christ, and we bless Thee : because by Thy holy Cross Thou hast redeemed the world.

3 years. (S.P. Ap., February 2, 1934).

\* By the sign of the Cross, deliver us from our enemies, O our God ! 3 years. (S.P. Ap., August 1, 1934).

\* Hail, O Cross, our only hope ! 500 days. (S.P. Ap., March 20, 1934).

\* Lord, I give Thee thanks because Thou didst die upon the Cross for my sins (St. Paul of the Cross).

300 days. (S.P. Ap., March 10, 1933).  
O good Jesus, within Thy Wounds hide me.

300 days. (S.P. Ap., December 21, 1936).  
\* Holy Mother, pierce me through,  
In my heart each Wound renew,  
Of my Saviour crucified.

500 days. (S.P. Ap., August 1, 1934).

O my God ! Who didst die on the Cross for me, have mercy on me.

O my God ! through the Passion of Thy Divine Son, give me the grace of sincere repentance.

O my God ! give me grace rather to die than to commit one mortal sin.

\*Plenary Indulgence, on the usual conditions, if recited daily for a month, attached to the Ejaculations marked with an asterisk (\*).



## BLESSING OF PIOUS OBJECTS

By way of pious custom and as a simple and practical way of remembering the Mission, it is recommended that all should obtain some small souvenir of an event of such spiritual importance in a parish.

By virtue of a Rescript of the Sacred Congregation of Indulgences, dated January 10th, 1906, the Passionist Fathers are empowered, when imparting the Papal Blessing at the end of Missions or Retreats, to bless and enrol in all the Scapulars and to indulgence Rosaries and other articles of devotion. This privilege, by a Decree of the Sacred Penitentiary (April 16th, 1920), also applies to the Scapular Medals.

Those unable to be present at the closing ceremonies may ask others to have objects of devotion blessed for them; but one must be personally present in order to be enrolled in any of the Scapulars.

The following are some of the principal Indulgences attached to various articles of devotion thus blessed:—

### ROSARY BEADS.

(1) **Apostolic Indulgences**—These are granted by each Pope shortly after his election, for all objects blessed by him or by a priest possessing the necessary faculties. They may be applied not only to the ordinary rosary of five decades, but also to crucifixes, crosses, small statues, medals and other articles of devotion.

(2) **Dominican Indulgence** which may be gained by the use of the ordinary five-decade rosary. It is necessary to *meditate* upon the mysteries. It is not necessary to recite five decades *at the one time*; it is sufficient if the five decades are said in the space of a day.

(3) **Crozier Indulgence**—500 days' Indulgence may be gained each time a *Pater* or *Ave* is recited; even though one has no intention of saying the whole Rosary. (*Pius XII*, Feb. 25, 1957).

**N.B.**—The Apostolic, Dominican and Crozier Indulgences may be gained simultaneously by a single recitation of the Rosary (*St. Pius X*, June 12, 1907).

**CHAPLETS**—The Papal Blessing attaches the appropriate Indulgences to the Beads of the Five Wounds (see p. 58) and of the Seven Dolours (see p. 64). Likewise, any other approved chaplet to the recitation of which an Indulgence is attached.

**SCAPULARS**—Besides the Black Scapular of the Passion (see p. 60), the five scapulars in common use are those of the Holy Trinity, of the Passion (red), of the Immaculate Conception, of the Seven Dolours and of Our Lady of Mount Carmel. To gain the Indulgences, the scapulars must be blessed and the wearer enrolled by a priest having the necessary faculties. The scapular must be worn habitually. For *all* scapulars a **Scapular Medal** may be substituted **after enrolment**. Ordinarily, the medal must be blessed with a *separate* sign of the Cross for *each* scapular; but the Papal Blessing at the end of a Mission is sufficient for all.

**CRUCIFIXES**—These are blessed for gaining the Indulgences of the Stations of the Cross. (For particulars see p. 53).

They are also blessed for a Plenary Indulgence at the hour of death for all those who, after Confession and Communion, commend themselves to God, or if this is impossible, invoke in their heart (if unable to do so vocally) the Most Holy Name of Jesus.



## THE CLOSING OF THE MISSION

Being the final function of a great spiritual event in a parish, the Closing of the Mission should be surrounded with all the solemnity possible, and the ceremonies carried out in a manner making them memorable for all.

In order that due devotion to Our Blessed Lady be maintained to the very end, the Devotions begin with the Rosary. Just as the first Rosary of the Mission was offered to ensure, through Mary's intercession and protection, its success, so the last Rosary is offered to thank God, through Her, for its graces, blessings, repentances and conversions, as also to ask Her continued patronage in the attainment of final perseverance. After the Rosary, a hymn is sung; and the preacher delivers the final sermon of the Mission.

Then there follow what may be regarded as the more solemn and essential parts of the closing ceremonies: the Renewal of Baptismal Vows and the Papal Blessing. Though few are unfamiliar with these ceremonies in these days of comparatively frequent Missions, many are still unaware of their real or full significance.

At the font of Holy Baptism, the solemn promises made on our behalf by our sponsors included a Profession of Faith and a renunciation of Satan and all evil. The renewal of these sacred promises at the end of a Mission provides a most seasonable and acceptable opportunity of personally re-affirming what was undertaken in our name as infants. Accordingly, we renew our firm belief in God and all that He has revealed, and in His Church and all that she teaches. Likewise, we renounce the enemies of God and of the Church—usually referred to as the World, the Flesh and the Devil. In renouncing the world, we do not mean the beauties of God's creation or the lovely things of nature, but rather the *material* world which gives little or no allegiance to Christ, the King of the Universe. In renouncing the Flesh, we do

not disown our bodies which, though wrought from slime and destined to return to dust, are masterpieces of God's creative handiwork, but rather those sinful things of the flesh which violate the law of the spirit and the dictates of conscience. And, in renouncing the Devil, we reject and abhor all that he stands for: sin, evil and all those things which are opposed to God's law and God's love. To these promises a brief renewal of Mission resolutions is often added—such as devotion to the Sacred Passion, the avoidance of the occasions of sin, and the regular and worthy reception of the Sacraments.

Lastly and by way of fitting climax, the Papal Blessing is imparted. Regarded in a spirit of simple faith, it is as if the Holy Father were himself present to raise his own hand in benediction. To this blessing a Plenary Indulgence is attached. To ensure, as far as is humanly possible, the absence of any attachment to sin, the missionary asks the congregation to repeat after him an act of sincerest sorrow. Then he solemnly imparts the Papal Blessing with the Mission Crucifix in the following words:—

**Benedictio Dei Omnipotentis, Patris et Filii ✠ et  
Spiritus Sancti, descendat super vos et maneat  
semper. R. Amen.**

Finally, the Crucifix is borne slowly from the Sanctuary. And thus the Mission is formally closed.

Where possible, the Church's hymn of thanksgiving—the *Te Deum*—is sung during Benediction in gratitude to God for the graces granted and the blessings brought upon the parish and its people during the Mission.

### TE DEUM

*(Translation in English follows the Latin text)*

1. Te Deum laudamus \* te Dominum confitemur.
2. Te æternum Patrem, \* omnis terra veneratur.
3. Tibi omnes angeli, \* tibi cœli, et universæ potestates:
4. Tibi Cherubim et Seraphim: incessabili voce proclamant:
5. Sanctus, Sanctus, Sanctus, \* Dominus Deus Sabaoth.
6. Pleni sunt cœli et terra \* majestatis gloriæ tuæ.



7. Te gloriosus \* Apostolorum chorus.
8. Te Prophetarum \* laudabilis numerus.
9. Te Martyrum candidatus \* laudat exercitus.
10. Te per orbem terrarum \* sancta confitetur Ecclesia:
11. Patrem \* Immensæ majestatis;
12. Venerandum tuum verum \* et unicum Filium;
13. Sanctum quoque \* Paraclitum Spiritum.
14. Tu Rex gloriæ, \* Christe.
15. Tu Patris \* sempiternus es Filius.
16. Tu, ad liberandum suscepturus hominem, \* non horruisti Virginis uterum.
17. Tu devicto mortis aculeo, \* aperuisti credentibus regna cœlorum.
18. Tu ad dexteram Dei sedes, \* in gloria Patris.
19. Judex crederis \* esse venturus.
20. Te ergo quæsumus, tuis famulis subveni, \* quos pretioso sanguine redemisti. (*At this verse all kneel*).
21. Æterna fac cum sanctis tuis \* in gloria numerari.
22. Salvum fac populum tuum, Domine, \* et benedic hæreditati tuæ.
23. Et rege eos, \* et extolle illos usque in æternum.
24. Per singulos dies \* benedicimus te;
25. Et laudamus nomen tuum in sæculum, \* et in sæculum sæculi.
26. Dignare, Domine, die isto, \* sine peccato nos custodire.
27. Miserere nostri, Domine, \* miserere nostri.
28. Fiat misericordia tua Domine, super nos, \* quemadmodum speravimus in te.
29. In te, Domine, speravi: \* non confundar in æternum.

After the *Te Deum* has been sung, the following Versicles and Prayers are chanted:—

- V. Benedicamus Patrem et Filium cum Sancto Spiritu.  
 R. Laudemus et superexaltemus eum in sæcula.  
 V. Benedictus es, Domine, in firmamento cœli.  
 R. Et laudabilis et gloriosus et superexaltatus in sæcula.  
 V. Domine, exaudi orationem meam.  
 R. Et clamor meus ad te veniat.  
 V. Dominus vobiscum.  
 R. Et cum spiritu tuo.

Oremus.

Deus, cujus misericordiæ non est numerus, et bonitatis infinitus est thesaurus: piissimæ majestati tuæ pro

collatis donis gratias agimus, tuam semper clementiam exorantes; ut qui petentibus postulata concedis, eosdem non deserens ad præmia futura disponas.

Deus, qui corda fidelium Sancti Spiritus illustratione docuisti, da nobis in eodem Spiritu recta sapere, et de ejus semper consolatione gaudere.

Deus qui neminem in te sperantem nimium affligi permittis, sed pium precibus præstas auditum, pro postulationibus nostris votisque susceptis gratias agimus, te piissime deprecantes ut a cunctis semper muniamur adversis.

Da nobis, quæsumus, Domine, perseverantem in tua voluntate famulatum, ut in diebus nostris et merito et numero populus tibi serviens augeatur. Per Christum Dominum nostrum. Amen.

### ENGLISH TRANSLATION

1. We praise Thee, O God: we acknowledge Thee to be the Lord.
2. All the earth doth worship Thee, the Father everlasting.
3. To Thee all angels cry aloud, the heavens and all the powers therein:
4. To Thee Cherubim and Seraphim: continually do cry:
5. Holy, holy, holy, Lord God of Sabaoth.
6. Heaven and earth are full of the majesty of Thy glory.
7. The glorious choir of the Apostles praise Thee.
8. The admirable company of the Prophets praise Thee.
9. The white-robed army of Martyrs praise Thee.
10. The Holy Church throughout all the world doth acknowledge Thee:
11. The Father of infinite majesty;
12. Thy adorable, true and only Son;
13. Also the Holy Ghost, the Comforter.
14. Thou art the King of glory, O Christ.
15. Thou art the everlasting Son of the Father.
16. When Thou took upon Thee to deliver man, Thou didst not abhor the Virgin's womb.
17. When Thou didst overcome the sting of death, Thou didst open the kingdom of heaven to all believers.
18. Thou sittest at the right hand of God, in the glory of the Father.
19. We believe that Thou shalt come to be our judge.
20. We pray Thee, therefore, help Thy servants, whom Thou



hast redeemed with Thy Precious Blood. (*At this verse all kneel*).

21. Make them to be numbered with Thy Saints in glory everlasting.  
22. O Lord, save Thy people, and bless Thine inheritance.  
23. Govern them, and lift them up for ever.  
24. Day by day we magnify Thee;  
25. And we praise Thy Name for ever, yea, for ever and ever.  
26. Deign, O Lord, this day, to keep us without sin.  
27. Have mercy upon us, O Lord, have mercy upon us.  
28. Let Thy mercy be showered upon us, O Lord, as we have hoped in Thee.  
29. In Thee, O Lord, have I hoped: let me not be confounded for ever.

V. Let us bless the Father and the Son with the Holy Ghost.

R. Let us praise and exalt Him above all and for ever.

V. Blessed art Thou, O Lord, in the firmament of heaven.

R. And worthy to be praised and glorified and exalted above all and for ever.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.

V. The Lord be with you.

R. And with thy spirit.

*Let us pray.*

O God, whose mercies are without number, and the treasure of whose goodness is infinite: we render thanks to Thy most gracious majesty for the gifts Thou hast bestowed upon us, evermore beseeching Thy clemency that, as Thou dost grant the petitions of them that ask Thee, so never forsaking them, Thou wilt prepare them for the rewards to come.

O God, who by the light of the Holy Spirit didst teach the hearts of the faithful, grant us, by the same Holy Spirit, ever to be truly wise and to rejoice in His consolation.

O God, who sufferest none that hope in Thee to be unduly afflicted, but mercifully hearest their petitions,

we give Thee thanks for having heard our prayers and for what we have received, most humbly beseeching Thee that we may be ever protected from all adversities.

Grant unto us, we beseech Thee, O Lord, perseverance in the fulfilment of Thy will, that during our days the people who serve Thee may increase both in merit and in number. Through Christ our Lord. Amen.

### PRAYER AFTER A MISSION OR RETREAT

O Jesus Christ, who for my sake didst will to be nailed to the Cross, I give Thee thanks for all the benefits of Thy love which Thou hast bestowed upon me during this sacred Mission (*or* Retreat). Behold, once again I am persuaded that only one thing is needful, that is, the salvation of my one and only immortal soul. Wherefore I firmly resolve to avoid mortal sin above all things, as well as every voluntary and proximate occasion thereof, especially the sin of . . . . ., which has been the chief cause of my spiritual ruin.

Further, I earnestly desire to avoid venial sin and all perverse attachment thereto; and I resolve to fulfil faithfully and conscientiously all the duties of my state in life, and to direct my entire life according to Thy most holy will.

Moreover, I promise Thee, good Jesus, to be instant in prayer every day of my life, and to have recourse to prayer more especially when temptation assails me. I resolve to keep holy the Lord's Day, and to approach Thy holy Table frequently and devoutly.

Finally, I offer unto Thee my whole life and, in particular, my labours and my sufferings. Bless me and all who have taken part with me in this sacred Mission (*or* Retreat). Give me, Lord Jesus, Thy Mother to be my special Patroness, and be Thou my consolation and my joy even to the blessed end of my life. Amen.

*Indulgence of 500 days, within the year following a Mission or Retreat (S.P.Ap., May 17, 1935).*



## THE CHRISTIAN ACT

*To be recited daily*

I adore Thee, O my God, most Holy Trinity, Father, Son, and Holy Ghost, Three Persons in one God. I love Thee with my whole heart and soul, and I thank Thee for all the benefits Thou hast conferred on me. I offer Thee all my actions and sufferings during this day, in union with the actions and sufferings of Jesus and Mary. And I pray Thee to preserve me from falling into sin. I form the intention of gaining all the Indulgences in my power, and of applying all I can to the souls in purgatory. My Jesus, have mercy on me. Holy Mary, help me. My Guardian Angel, protect and keep me. Amen.

## THE MEMORIAL MISSION CROSS

When requested, the Passionist Fathers are prepared and empowered to erect a Mission Cross as a *permanent* memorial of a Mission. The following Indulgences may be gained by those who pray before it:—

### I. A Plenary Indulgence:

- (a) On the day the Cross is erected or blessed.
- (b) On the anniversary of the day of erection.
- (c) On the feasts of the Finding and Exaltation of the Cross (May 3rd and Sept. 14th, respectively)—or on one of the seven days immediately following either feast—

on condition of Confession and Communion, a visit to the Church, and prayers for the intentions of the Pope.

### II. An Indulgence of five years once a day for any acts of reverence to the Cross and the recitation of a *Pater*, *Ave* and *Gloria* (S.P. Ap., Mar. 18, 1932).

## THE SACRAMENT OF PENANCE

### A PRAYER BEFORE CONFESSION

O God, the Father of Mercy, in whose sight are laid bare all our sins, and who knowest all my thoughts, words and actions and even the secrets of my heart, do not cast me away from Thy Face, and do not take from me Thy Holy Spirit; but have mercy on my sinful, but now sorrowful, soul. Do not permit me to remain longer in the corruption of sin; but, through the merits of the Most Blessed Virgin Mary, Refuge of Sinners, and all Thy Saints, enlighten my mind and my conscience that I may clearly see whatever in me is an offence to Thy Majesty and Goodness. Awaken in my heart sincere sorrow; and grant that I may so bitterly bewail, so humbly confess, and so fully atone for my sins that I may obtain complete forgiveness through Thy Mercy. Amen.

### PREPARATION FOR CONFESSION

#### 1. *Carefully examine your conscience.*

Recollect yourself, and endeavour to find out the *nature* and *number* of your sins. Consult the Examination of Conscience on pages 24 - 26.

#### 2. *Make a good Act of Contrition:*

O my God, I am heartily sorry for having ever offended Thee, and I detest my sins above every other evil because they displease Thee, my God, Who, for Thy infinite goodness, art so deserving of all my love. And I firmly resolve by Thy holy grace never more to offend Thee and to amend my life. Amen.



3. *Humbly confess your sins.*

Kneeling down, make the Sign of the Cross and say : Bless me, Father, for I have sinned.

You may then say the *Confiteor* if you have not already done so. In time of Mission, when many are waiting for Confession, it is always better to say the *Confiteor* whilst awaiting your turn for Confession. Then make your Confession.

While the priest gives you Absolution, make a sincere Act of Contrition.

4. *Faithfully perform the penance given in Confession.*

Be sure that you know what penance the Confessor has imposed upon you, and always perform your penance as soon as possible.

### Perfect Contrition

An act of Perfect Contrition guarantees the Friendship of Christ and removes all sin from the soul. Remembrance of the Passion of Christ is one of the best means of ensuring the necessary dispositions. Perfect Contrition may be necessary at the moment of death. Therefore, strive to be sorry for your sins—not from any selfish motive, but *out of pure love for God*.

### EXAMINATION OF CONSCIENCE

It is most important to remember that, in the case of MORTAL sins, one is bound to confess the NUMBER OF TIMES that each *serious* sin has been committed. Therefore, after each of the following questions, you should ask yourself: HOW OFTEN?

If any MORTAL sins have been committed so frequently as to be beyond counting, give as honest an average or approximation as you can.

*1st Commandment.*—Have I wilfully doubted or denied any article of Faith? Have I read books or newspapers teaching doctrines contrary to Faith or Morals? Have I taken part in the religious services of non-Catholics? Have I neglected my Easter Communion? Have I neglected the penance given me at Confession? Have I wilfully concealed a mortal sin in Confession? If so, *how many* bad Confessions and Communions have I made since? Have I doubted God's Mercy or given way to despair?

*2nd Commandment.*—Have I spoken blasphemous words or profane oaths? Have I taken a false oath? Have I cursed anyone from my heart? Have I spoken disrespectfully of the Saints, or of holy things?

*3rd Commandment.*—Have I missed Mass on Sundays or Holidays through my own fault? Have I been late for Mass? Do I make a habit of leaving before Mass is finished? Have I behaved disrespectfully in the church? Have I done unnecessary servile work, for a considerable time, on such days? Have I knowingly eaten flesh meat on Fridays or other days of abstinence?

*4th Commandment.*—Have I disobeyed my parents in any serious matter? Have I cursed them or called them bad names? Have I treated them with cruelty or disrespect? Have I kept my children regularly at school? Have I sent them to Mass and the Sacraments and had them instructed in the Christian Doctrine? Did I allow them to frequent dangerous places of amusement or to keep bad company? Have I given them bad example? Have I caused my employees to miss Mass or to neglect the Sacraments?

*5th Commandment.*—Have I inflicted bodily injury on my neighbour? Have I wished any great misfortune to befall my neighbour, or rejoiced at any that befell him?



Have I given way to feelings of hatred or revenge? *For how long, and with regard to how many persons?* Have I been drunk? Have I caused, or attempted to cause, the death of the unborn child, or co-operated with others in this respect?

*6th and 9th Commandments.*—Have I taken wilful pleasure in immodest thoughts, or entertained immodest desires? Have I spoken gravely immodest words, or sung immodest songs? *How often and before how many persons?* Have I done immodest actions? *With whom and how often?* Have I been present at immodest plays, read immoral books, or gazed at immodest pictures? Have I fulfilled my obligations in the married state? Have I interfered with the course of nature, or been the cause of sin to my partner?

*7th and 10th Commandments.*—Have I been dishonest in buying or selling? Have I taken or kept what belonged to another, or have I bought or received stolen goods? *To what extent?* Have I neglected to pay my debts or contracted debts which I knew I should be unable to pay? Have I failed to make restitution?

*8th Commandment.*—Have I told a lie to the injury of my neighbour's character? Have I spoken to others of the unknown sins of my neighbour? Have I deliberately entertained rash judgments of a serious nature about my neighbour or communicated them to others? *How often and to how many persons?*

## A WORD ABOUT GENERAL CONFESSIONS

By a General Confession is meant a repetition of one's past sins. Frequently during the time of Mission people become worried or scrupulous about their past Confessions. If, every time you have gone to Confession, you have tried to be really honest with yourself and with

God, you need not be disturbed, as a General Confession, once well made, need never be repeated.

A General Confession should be made when it is practically certain that one's past Confessions, or some of them, have been *bad*.

A bad Confession is made (as a rule) by wilfully concealing some sin which one knows, at the time of such Confession, to be *mortal*; or by not having true sorrow and a firm purpose of amendment.

*All the mortal sins told in bad Confessions must be repeated at the General Confession, as if they had never been confessed before.*

Sometimes a General Confession may be useful, even if not necessary; but on this point the advice of the Confessor should be sought and faithfully followed.

## A PRAYER AFTER CONFESSION

Grant, I beseech Thee, O Lord, through the merits of Thy Most Holy Mother and all the Saints; that the Confession which I have made may be pleasing to Thee. Should there be anything wanting in the sufficiency or sincerity of my sorrow, or in the humble and complete confession of my sins, may Thy Mercy make good my defects; and may I be even more fully absolved in Heaven.

From my heart I thank Thee for this and all Thy other mercies to me so great and so ungrateful a sinner, and I grieve at having offended Thee and at having rejected Thy infinite love. O Jesus, keep me close to Thy Sacred Heart. Grant me the grace to be faithful to Thee for the remainder of my life by persevering in my good resolutions and in my present repentance until death.

Immaculate Mother of God, Most Holy Mary, Refuge of Sinners and Comforter of the Afflicted, pray for me, and obtain for me a deep hatred for sin and the grace to love thy Divine Son with all my heart.



## PRACTICAL ADVICE

for Perseverance in God's Grace :

1. *REMEMBER* the Presence of God.  
He sees you at all times and in all places.  
He sees all your thoughts, words and actions.
2. *REMEMBER* your morning and evening prayers.  
God is the giver of all good gifts. Ask Him  
for what you need ; and thank Him for His  
favours.
3. *REMEMBER* the Mass is the Sacrifice of Calvary  
renewed. Assist at It devoutly on Sundays  
and Holidays, and even daily if possible.
4. *REMEMBER* to go to Confession and Holy  
Communion *frequently* that you may be sure  
of being in God's Grace.
5. *REMEMBER* to avoid the occasion of sin :  
"He that loveth danger shall perish in it"  
(*Eccl.*, iii—27).
6. *REMEMBER* what Our Divine Lord suffered  
for you ; and think *daily* of His Passion and  
Death.
7. *REMEMBER* Mary is your Mother. Say her  
Rosary *daily*.
8. *REMEMBER* to make a little spiritual reading  
*daily*, and often to attend sermons and  
instructions.

## THE BLESSED EUCHARIST

The Blessed Eucharist is the Sacrament of the Body and Blood, Soul and Divinity, of Our Lord Jesus Christ, under the appearance of bread and wine. The reception of this Sacrament is called Holy Communion. By receiving It, we are united with Jesus Christ in a very special manner : "He that eateth My flesh and drinketh My blood, abideth in Me and I in him" (John, vi—57).

### FREQUENT COMMUNION

„ Many Catholics are still shy, through an exaggerated sense of the necessary dispositions, of the salutary practice of frequent and even daily Communion. It is well to remind such of the Decree issued by Pope St. Pius X in 1905, declaring that *frequent and daily Communion should be open to all the faithful of every rank and condition, provided they are free from mortal sin, and receive It with a right intention*. "The desire of Jesus Christ and of the Church is that all the faithful should daily receive Holy Communion," said the same saintly Pontiff.

To encourage frequent Communion, it will be helpful to remember that by a right intention is meant that one who receives Holy Communion should do so, not out of mere routine or through vainglory or from human respect, but in order to please God, to overcome one's weaknesses and to be more intimately united with Our Divine Lord.

During the time of a Mission, one should try, as far as circumstances permit, to receive Holy Communion as often as possible, rather than being content with the mere minimum of doing so only once on the last day of the week or fortnight. And one of the fruits of the Mission should be the more frequent reception of the Blessed Eucharist by those hitherto not so accustomed or inclined.



## PRAYERS BEFORE HOLY COMMUNION

O Lord God Almighty, who hast brought us safely to the beginning of this day, defend us in the same by Thy mighty power, that we may fall into no sin this day, but that all our words may so proceed, and all our thoughts and actions be so directed, as to do always that which is just in Thy sight. Through Christ our Lord. Amen.

*5 years' Indulgence ; Plenary, under the usual conditions, if recited daily for a month). (S.P. Ap., Oct. 15, 1935).*

## PRAYER OF ST. THOMAS AQUINAS

Almighty, Everlasting God, behold, I draw near to the Sacrament of Thine Only-begotten Son, our Lord Jesus Christ. As sick, I approach to the Physician of Life ; unclean, to the Fountain of Mercy ; blind, to the Light of eternal Brightness ; poor and needy, to the Lord of heaven and earth. I implore Thee, therefore, out of the abundance of Thy boundless mercy, that Thou wouldst vouchsafe to heal my sickness, to wash away my defilements, to enlighten my blindness, to enrich my poverty, and to clothe my nakedness ; that I may receive the Bread of Angels, the King of kings, the Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, such purpose and intention, as is expedient for the health of my soul.

Grant, I beseech Thee, that I may receive not only the Sacrament of the Body and Blood of the Lord, but also the whole grace and virtue of that Sacrament. O most merciful God, grant me so to receive the Body of Thine Only-begotten Son, our Lord Jesus Christ, which He took of the Virgin Mary, that I may be found worthy to be incorporated into His Mystical Body, and accounted among His members. And, O most loving Father, grant that, where now I purpose to receive under a veil, I may at last behold with unveiled face, even Thy beloved Son. Who with Thee and the Holy Ghost ever liveth and reigneth, one God, world without end. Amen.

## SHORT PRAYERS BEFORE HOLY COMMUNION

**Prayer for Help**—O my God, help me to make a good Holy Communion. Mary, my dearest Mother, pray to Jesus for me. My dear Angel Guardian and all my holy Patrons, lead me to the Altar of God.

**Act of Faith**—O my God, I believe that I shall receive the Sacred Body of Jesus Christ to eat, and His Precious Blood to drink. My God, I believe this with all my heart.

**Act of Charity**—O my Jesus, I love Thee in this most Blessed Sacrament as my Lord and my God, as my Redeemer and my Sanctifier.

**Act of Humility**—My God, I confess that I am a poor sinner ; I am not worthy to receive the Body and Blood of Jesus on account of my sins. Lord, I am not worthy that Thou shouldst enter under my roof ; say but the word and my soul shall be healed.

**Act of Sorrow**—My God, I detest all the sins of my life. I am sorry for them because they have offended Thee Who art so good. I resolve never to sin again. My good God, pity me, have mercy on me, forgive me.

**Act of Adoration**—O Jesus, great God, here present on the Altar, I bow down before Thee, I adore Thee.

**Act of Love**—Sweet Jesus, I love Thee. I desire with all my heart to receive Thee. Most sweet Jesus, come into my poor soul and give me Thy Flesh to eat and Thy Blood to drink. Give me Thy whole Self, Body, Blood, Soul and Divinity, that I may live for ever with Thee.

I adore Thee every moment, O Living Bread from Heaven, Great Sacrament ! *300 days' Indulgence ; Plenary, under the usual conditions, if said daily for a month (S.P. Ap., June 4, 1934).*



## PRAYERS AFTER HOLY COMMUNION

### PRAYER OF ST. THOMAS AQUINAS

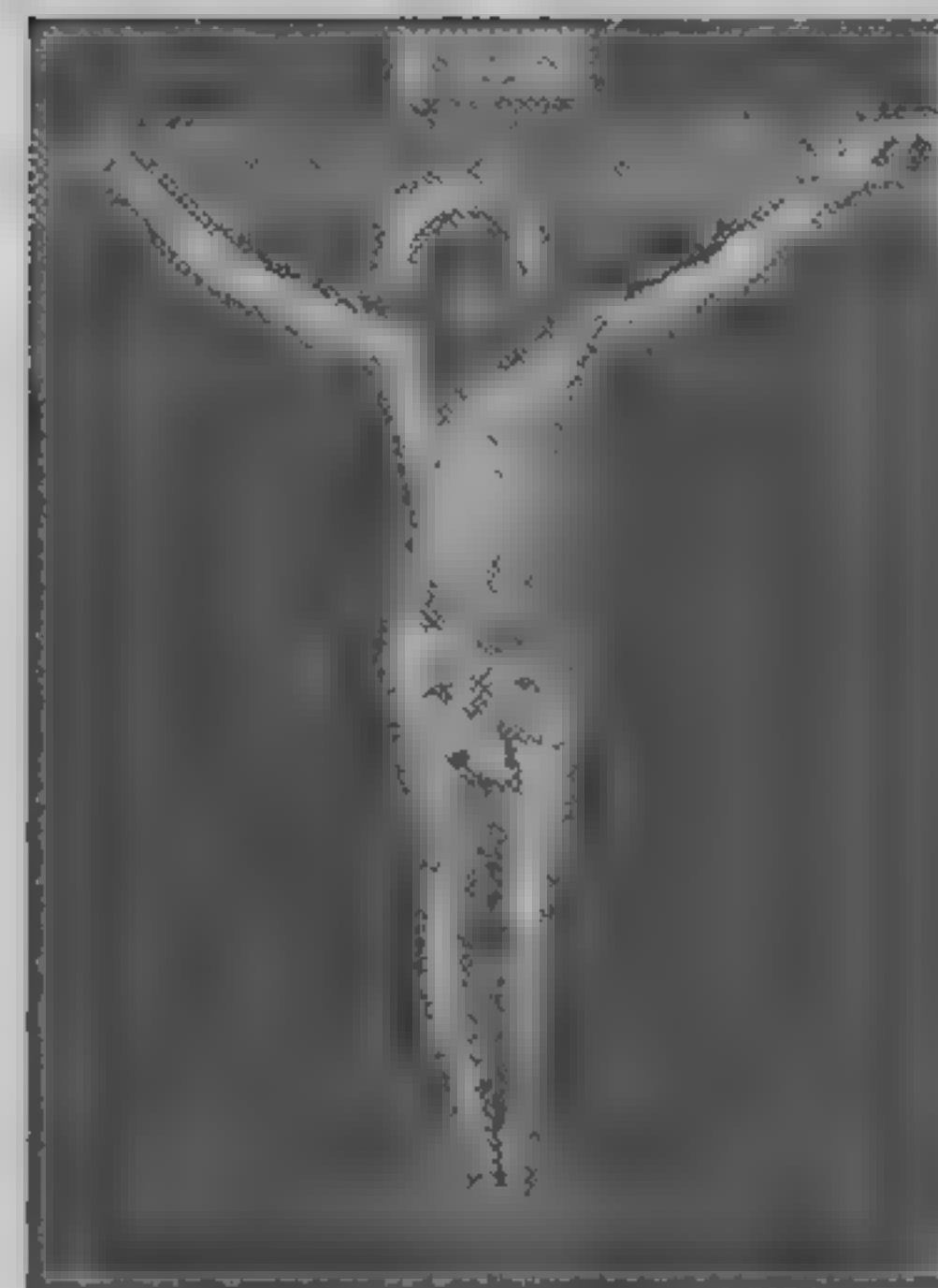
I give Thee thanks, O holy Lord, Father almighty, eternal God, who in Thine own mercy hast vouchsafed to nourish me, a sinner, and Thy unworthy servant, with the precious Body and Blood of Thy Son, our Lord Jesus Christ. I had no claim upon Thy goodness: I had no merits, no deserts which I could put forward on my own behalf. But let not this Holy Communion, I pray Thee, turn to my judgment and condemnation: let it rather obtain for me pardon and salvation. Let it cleanse me from all my vices; let it destroy all my concupiscences and evil desires. Let it increase my charity, my patience, my humility, my obedience. Let it defend me from all my enemies, visible and invisible. Let it appease all the evil propensities of my mind and body; and guide me so straightly to Thee, my true and only God, that I may look forward to Thee as the happy goal of all my endeavours. Thus lead me, I pray Thee, to that unspeakable festival, where Thou, and Thy Son, and the Holy Ghost, will be to me and all the Saints the complete fulness, the end of hope, the everlasting joy, and the never-changing happiness: through the same Christ our Lord. Amen.

### AN ACT OF SELF OFFERING

Take, O Lord, into Thy hands my entire liberty; receive my memory, my understanding and my whole will. All that I am, all that I have, Thou hast given me, and I give it back again to Thee, to be disposed entirely according to Thy good pleasure. Give me only Thy love and Thy grace; with these I am rich enough, and I ask for nothing more.

*3 years' Indulgence (Pius XI, 1932).*

## PRAYER BEFORE A CRUCIFIX



Good and sweetest Jesus, before Thy Face I humbly kneel, and with the greatest fervour of spirit, I pray and beseech Thee to vouchsafe to fix deep in my heart lively sentiments of Faith, Hope and Charity, true contrition for my sins, and a most firm purpose of amendment: whilst I contemplate with great sorrow and affection Thy Five Wounds and ponder them over in my mind, having before my eyes the words which, long ago, David the prophet spoke concerning Thee, my Jesus: *They have*

*pierced my hands and my feet: they have numbered all my bones. (Ps. xxi, 17-18).*

Plenary Indulgence, on the usual conditions, if said before an image of Jesus Crucified. (S.P.Ap., Feb. 2, 1934).

### PRAYER TO JESUS CRUCIFIED

I beseech Thee, most sweet Lord Jesus Christ, grant that Thy Passion may be to me a power by which I may be strengthened, protected and defended. May Thy wounds be to me food and drink, by which I may be nourished, inebriated and overjoyed. May the sprinkling of Thy Blood be to me an ablution for all my sins. May Thy Death prove to me life everlasting, Thy Cross be to me an eternal glory. In these be my refreshment, my joy, my preservation and sweetness of heart. Who livest and reignest, world without end. Amen.



## SHORT PRAYERS AFTER HOLY COMMUNION

**Act of Faith**—O Jesus, I believe that I have received Thy Flesh to eat and Thy Blood to drink, because Thou hast said it and Thy word is true.

**Act of Adoration**—O Jesus, my God and my Creator, I adore Thee, because from Thy hands I came and with Thee I am to be happy for ever.

**Act of Humility**—O Jesus, I am but dust and ashes, and yet Thou hast come to me that my poor heart may speak to Thee.

**Act of Love**—Sweet Jesus, I love Thee; I love Thee with all my heart. Thou knowest that I love Thee, and wish to love Thee daily more and more.

**Act of Thanksgiving**—My good Jesus, I thank Thee with all my heart. How good, how kind Thou art to me, sweet Jesus. Blessed be Jesus in the Most Holy Sacrament of the Altar.

**Act of Offering**—O Jesus, receive my poor offering. Jesus, Thou hast given Thyself to me: now let me give myself to Thee:—

I give Thee my *body* that it may be ever chaste and pure.

I give Thee my *soul* that it may be always free from sin.

I give Thee my *heart* that it may always love Thee.

I give Thee *myself* in life and in death that I may be Thine for ever and ever. Amen.

Make as many acts of sorrow and love as you can. Say again and again with all the sincerity of your heart: My God, I am sorry for all my sins: my God, I love Thee: my God, grant me grace to love Thee more and more.

## PRAYER TO ENCOURAGE DAILY COMMUNION

O sweetest Jesus, Thou who camest into the world to give all souls the life of Thy grace, and who, to preserve and nourish it in them, hast willed to be at once the daily cure of their daily infirmities and their daily sustenance; we humbly beseech Thee, by Thy Heart all on fire with love for us, to pour forth upon them all Thy divine Spirit, so that those who are unhappily in mortal sin, may turn to Thee and regain the life of grace which they have lost, and those who, through Thy gift, are already living this divine life, may draw near daily, when they can, to Thy Sacred Table, whence, by means of daily Communion, they may receive daily the antidote of their daily venial sins, and may every day foster within themselves the life of grace; and being thus ever more and more purified, may come at last to the possession of that eternal life which is happiness with Thee. Amen.

*500 days' Indulgence once a day; Plenary once a month, under the usual conditions, if said daily. (S.P.Ap., May 17, 1935).*

## TO OUR LADY OF THE BLESSED SACRAMENT

O Virgin Mary, our Lady of the Blessed Sacrament, thou glory of the Christian people, joy of the universal Church, salvation of the whole world, pray for us, and awaken in all believers a lively devotion towards the Most Holy Eucharist, that so they may be made worthy to partake of the same daily.

*500 days' Indulgence. (S.P.Ap., Dec. 12, 1933).*

## Plenary Indulgence at the Hour of Death

This may be gained by all who, with sincere love towards God, after Confession and Communion, made on any day they choose, say the following prayer:

O Lord, my God, I now, at this moment, readily and willingly accept at Thy hand whatever kind of death it may please Thee to send me, with all its pains, penalties and sorrows. *(S.P.Ap., March 18, 1932).*



## THE HOLY SACRIFICE OF THE MASS

Our Divine Redeemer, by His Death on the Cross, offered to the Eternal Father the perfect Sacrifice for our salvation. That Sacrifice was eminently sufficient, but Christ willed us also to co-operate in our own salvation. As St. Augustine has said: "God, Who created us without our help, has not willed to save us without our help." Hence He instituted the Holy Sacrifice of the Mass, the perpetual memorial of His Death, so that we may offer *our* sacrifice in union with *His* Sacrifice.

It is our unspeakable privilege, therefore, to have our own share in this infinite Sacrifice—the same as that offered on Calvary except that on the Cross the Blood of Christ was really and visibly shed, while on the Altar it is shed in an invisible manner.

In order that we may assist at the Holy Sacrifice with due attention and reverence and that we may gain all the spiritual benefit possible, it is well to recall often to mind the four ends for which the Holy Mass is offered: first, to honour God; secondly, to satisfy for our sins; thirdly, to thank God for His benefits; and, fourthly, to obtain the divine graces. The following simple little verse may help to fix attention on these four ends:

ADORE till the Gospel;  
Give THANKS till the bell:  
Till Communion ask PARDON;  
Then all your WANTS tell.

Only by trying to understand more and more the meaning of the Mass, and by zealously striving to unite ourselves more closely to the Divine Victim of the Sacrifice, can we come nearer to realising, in every sphere and aspect of our lives as Catholics, the tremendous truth that it is the Mass that matters; for the Mass is Calvary, and Calvary is the Mass.

## SHORT PRAYERS FOR HOLY MASS

When the Priest begins Mass make the sign of the Cross and say:

"I will go unto the Altar of God, to God who rejoiceth my youth."

Then say the *Confiteor* or "I confess."

Call to mind that you are about to assist at the very same sacrifice which Jesus Christ offered on the Altar of His Cross on Calvary, and ask Mary Immaculate, the sinless John and the penitent Magdalen to obtain for you a share in the dispositions with which they assisted at the foot of the Cross.

### At the "Kyrie Eleison"

Lord have mercy on us. (*Three times*).

Christ have mercy on us. (*Three times*).

Lord have mercy on us. (*Three times*).

### At the "Gloria in Excelsis"

Glory be to God on high and on earth peace to men of good will. We praise Thee; we bless Thee; we adore Thee; we glorify Thee. We give Thee thanks for Thy great glory, O Lord God, Heavenly King, God the Father Almighty. O Lord Jesus Christ, the only begotten Son. O Lord God, Lamb of God, Son of the Father, Who takest away the sins of the world, receive our supplications; Who sitteth at the right hand of the Father, have mercy on us. For Thou only art holy. Thou only art the Lord. Thou only, O Jesus Christ, together with the Holy Spirit, art most high in the glory of God the Father. Amen.

### At the Epistle

Come, Holy Spirit, fill the hearts of Thy faithful and enkindle within them the fire of Thy love.

O God, who by the light of the Holy Spirit didst



teach the hearts of Thy faithful, grant us by the same Holy Spirit to cherish what is right and always to rejoice in His consolation.

#### **At the Gospel**

Grant, O Lord, that I may ever receive with reverence and faith the words of Thy Holy Gospel. Thou didst command the Pastors of Thy Holy Church to teach all nations, saying to them: "As the Father hath sent me, I also send you." By Thy holy light and grace may I ever humbly and cheerfully hearken to Thy voice and the voice of Thy Holy Church, and never be led astray by the false teachers and the maxims of the world. With St. Peter we repeat: "Lord, to whom shall we go? Thou hast the words of eternal life."

#### **At the Creed**

Say the "I believe in God."

#### **At the Offering of the Host**

Accept, O Holy Father, Almighty and Eternal God, this unspotted Host, which I, Thy unworthy servant, with the Priest offer unto Thee, my living and true God, for my innumerable sins, offences and negligences, and for all here present, as also for all faithful Christians, both living and dead, that it may avail both me and them to life everlasting. Amen.

#### **At the Offering of the Chalice**

We offer unto Thee, O Lord, the chalice of salvation, beseeching Thy clemency that it may ascend before Thy Divine Majesty as a sweet odour for our salvation, and for that of the whole world. Amen.

#### **At the Preface**

Holy, Holy, Holy Lord God of Sabaoth, the Heavens and earth are filled with Thy glory—Hosanna in the

highest. Blessed is He that cometh in the name of the Lord. Hosanna in the highest.

Then recollect yourself and form your intentions for the Mass. Pray for your own needs and for your living friends.

#### **At the Elevation**

When you raise your eyes to the Sacred Host say, with faith and love—"My Lord and my God."

#### **At the Memento for the Dead**

Pray for your dead friends and for all the souls in Purgatory.

#### **At the "Pater Noster"**

Say the "Our Father" slowly and devoutly.

#### **At the "Agnus Dei"**

Say twice—

Lamb of God, Who takest away the sins of the world, Have mercy on us.

And once—

Lamb of God, Who takest away the sins of the world, Give us peace.

#### **At the Priest's Communion**

If you are not going to receive Holy Communion, make a Spiritual Communion. Ask Jesus to come into your heart and to dwell with you, and ask Him to give you a lively faith in His real Presence in the Eucharist, and the grace frequently and lovingly to receive Him in Holy Communion.

#### **At the Last Gospel**

Thank God for the blessings of the Mass, and beg His holy grace always to be faithful to His inspirations and to the Divine Will.



## VISIT TO THE MOST BLESSED SACRAMENT

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy Cross Thou hast redeemed the world.

*I adore Thee, O Eternal Father, and I give Thee thanks for the infinite love with which Thou didst deign to send Thine only-begotten Son to redeem me, and to become the food of my soul. I offer Thee all the acts of adoration and thanksgiving that are offered to Thee by the angels and saints in heaven, and by the just on earth. I praise, love and thank Thee with all the praise, love and thanksgiving that are offered to Thee by Thine own Son in the Blessed Sacrament; and I beg Thee to grant that He may be known, loved, honoured, praised and worthily received by all, in this Most Divine Sacrament. Pater Ave, Gloria.*

*I adore Thee, O Eternal Son, and I thank Thee for the infinite love which caused Thee to become man for me, to be born in a stable, to live in poverty, to suffer hunger, thirst, heat, cold, fatigue, hardships, contempt, persecutions, the scourging, the crowning with thorns, and a cruel death upon the hard wood of the Cross. I thank Thee, with the Church militant and triumphant, for the infinite love with which Thou didst institute the Most Blessed Sacrament to be the food of my soul. I adore Thee in all the Consecrated Hosts throughout the world, and I return thanks for those who know Thee not, and who do not thank Thee. Would that I were able to give my life, to make Thee known, loved and honoured by all in this Sacrament of Love, and to prevent the irreverences and sacrileges that are committed against Thee! I love Thee, Divine Jesus, and I desire to receive Thee with all the purity, love and affection of Thy Blessed*

Mother, and with the love and affection of Thine own most pure Heart. Grant, O most amiable Spouse of my soul, in coming to me in this Most Holy Sacrament, that I may receive all the graces and blessings which Thou dost come to bestow on us, and let me rather die than receive Thee unworthily. *Pater, Ave, Gloria.*

*I adore Thee, O Eternal Spirit, and I give Thee thanks for the infinite love with which Thou didst work the ineffable mystery of the Incarnation, and for the infinite love with which Thou didst form the Sacred Body of Our Lord Jesus Christ out of the most pure blood of the Blessed Virgin Mary, to become in this Sacrament the food of my soul. I beg Thee to enlighten my mind, and to purify my heart and the hearts of all men, that they all may know this great benefit of Thy love, and receive worthily this Most Blessed Sacrament. Pater, Ave, Gloria.*

*Indulgence of 3 years; Plenary every first Thursday on the usual conditions. (S.P.Ap., March 31, 1931).*

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*I adore Thee, O Jesus, true God and true Man, here present in the Holy Eucharist, humbly kneeling before Thee and united in spirit with all the faithful on earth and all the blessed in Heaven. In deepest gratitude for so great a blessing, I love Thee, my Jesus, with my whole heart, for Thou art all perfect and all worthy of love.*

*Give me grace never more in any way to offend Thee, and grant that I, being refreshed by Thy Eucharistic Presence here on earth, may be found worthy to come to the enjoyment, with Mary Thy Mother, of Thine eternal and ever-blessed presence in Heaven. Amen.*

*Indulgence of 3 years once a day. (S.P.Ap., Oct 30, 1934).*



## THE ROSARY

The Rosary is one of the Church's most beautiful devotions. The practice of the Family Rosary brings countless blessings and ensures the loving protection of the Mother of God. Every Catholic should possess and always carry a Rosary-beads.

### INDULGENCES

The following are the principal Indulgences attached to the recitation of the Rosary:—

1. Five years each time if recited by oneself. (S.P., Ap., March 18, 1932).
  2. Ten years, once a day if recited with others, whether in public or in private.  
A Plenary Indulgence on the last Sunday of each month, on the usual conditions, if thus recited at least three times in any of the preceding weeks. (S.P. Ap., March 18, 1932).
  3. A Plenary Indulgence, on condition of Confession and Holy Communion, for its recitation in the Presence of the Blessed Sacrament, either publicly exposed or reserved in the Tabernacle. (Brief, Sept. 4, 1927).
- N.B.—The decades may be separated, provided the entire Rosary is completed on the same day. (S.C.Ind., July 8, 1908).

### The Rosary Ejaculation

It is a custom of the Passionist Fathers to add, after each *Gloria* during the Rosary, the following Ejaculation: *May the most holy Names of Jesus, Mary and Joseph be ever praised and glorified.* This is to make reparation for the many sins of blasphemy and irreverence by which these Holy Names are so often profaned.

### The Joyful Mysteries:

1. The Annunciation of the Angel Gabriel to Our Blessed Lady that She was to be the Mother of God.
2. The Visitation of Our Blessed Lady to her holy cousin, St. Elizabeth.
3. The Birth of Our Divine Lord in a humble stable.
4. The Presentation of Our Divine Lord in the Temple and the Purification of His Holy Mother.
5. The Finding of Our Divine Lord among the Doctors in the Temple.

### The Sorrowful Mysteries:

1. The Agony and Prayer of Our Divine Lord in the Garden of Gethsemane.
2. Our Divine Lord's cruel Scourging.
3. The cruel Crowning of Our Divine Lord with Thorns.
4. The sorrowful journey of Our Divine Lord, laden with His heavy Cross, to Mount Calvary.
5. Our Divine Lord's Crucifixion, Agony and Death.

### The Glorious Mysteries:

1. The Resurrection of Our Divine Lord from the Tomb.
2. The Ascension of Our Divine Lord into Heaven.
3. The Descent of the Holy Ghost upon Our Blessed Lady and the Apostles assembled in prayer.
4. The Assumption of Our Blessed Lady into Heaven.
5. The Crowning of Our Blessed Lady as Queen of Heaven.

*The Joyful Mysteries are said on Mondays and Thursdays; the Sorrowful Mysteries on Tuesdays and Fridays; and the Glorious Mysteries on Wednesdays, and Saturdays, and on all Sundays.*

### The 'Salve Regina'

Hail! holy Queen, Mother of Mercy, Hail! our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, O most gracious Advocate, thine eyes of mercy towards us; and, after this our exile, show unto us the blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

*5 years' Indulgence; Plenary, under usual conditions, if said daily for a month. (S.P.Ap., Dec. 6, 1940).*



The following Versicle and Prayer are omitted when the Litany of the Blessed Virgin immediately follows the Rosary and *Salve Regina*.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

*Let us pray.*

O God, whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that, by meditating on the mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise. Through the same Christ Our Lord. Amen.

## LITANY OF THE BLESSED VIRGIN MARY

We fly to thy protection, O holy Mother of God: despise not our prayers in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin.

*'5 years' Indulgence; Plenary, under usual conditions, if said daily for a month. (S.P.Ap., Dec. 12, 1935).*

Lord have mercy on us,  
Christ have mercy on us,  
Lord have mercy on us,  
Christ hear us,  
*Christ graciously hear us.*  
God the Father of Heaven,  
God the Son, Redeemer  
of the world,  
God the Holy Ghost,  
Holy Trinity, one God,

Holy Mary,  
Holy Mother of God,  
Holy Virgin of Virgins,  
Mother of Christ,  
Mother of Divine Grace,  
Mother most pure,  
Mother most chaste,  
Mother inviolate,  
Mother undefiled,  
Mother most amiable,

*Have mercy on us.*

*Pray for us.*

Mother most admirable,  
Mother of Good Counsel,  
Mother of our Creator,  
Mother of our Saviour,  
Virgin most prudent,  
Virgin most venerable,  
Virgin most renowned,  
Virgin most powerful,  
Virgin most merciful,  
Virgin most faithful,  
Mirror of Justice,  
Seat of Wisdom,  
Cause of our joy,  
Spiritual Vessel,  
Vessel of honour,  
Singular vessel of devotion,  
Mystical rose,  
Tower of David,  
Tower of ivory,  
House of gold,  
Ark of the covenant,  
Gate of Heaven,  
Morning star,  
Health of the sick,  
Refuge of sinners,  
Comforter of the afflicted,  
Help of Christians,

*Pray for us*

Queen of Angels,  
Queen of Patriarchs,  
Queen of Prophets,  
Queen of Apostles,  
Queen of Martyrs,  
Queen of Confessors,  
Queen of Virgins,  
Queen of all Saints,  
Queen conceived without  
original sin,  
Queen assumed into  
Heaven,  
Queen of the most holy  
Rosary,  
Queen of Peace,

*Pray for us.*

Lamb of God, who takest  
away the sins of the world,  
*Spare us. O Lord.*

Lamb of God, who takest  
away the sins of the world,  
*Graciously hear us, O Lord.*

Lamb of God, who takest  
away the sins of the world,  
*Have mercy on us.*

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

*Let us pray.*

Grant, we beseech Thee, O Lord God, that we, Thy servants, may enjoy lasting health of mind and body; and by the glorious intercession of the blessed Mary ever a Virgin, may be delivered from present sorrow, and enjoy eternal happiness. Through Christ our Lord. Amen.



# BENEDICTION OF THE BLESSED SACRAMENT

## A PRAYER BEFORE BENEDICTION

O Jesus, Who art about to give Thy Benediction to all here present, impart to each and all of us the special graces that we need and are about to ask. Let Thy blessing go forth far and wide. Let it be felt in the souls of the afflicted and suffering who cannot come to receive it at Thy Feet as we do here and now. Let the weak and tempted feel its power. Let poor sinners feel its influence arousing them to come to Thee. Grant to us all here present, O Lord, a strong personal love of Thee, a lively horror of sin, great zeal for Thy glory, for our own sanctification and that of all confided to our care; so that we may lead not only our own, but many other souls to Thee. Amen.

## O SALUTARIS

O Salutaris Hostia	Uni trinoque Domino
Quæ cœli pandis ostium	Sit sempiterna gloria
Bella premunt hostilia,	Qui vitam sine termino
Da robur, fer auxilium.	Nobis donet in patria.
	Amen.

## TANTUM ERGO

Tantum ergo Sacramentum	Genitori genitoque,
Veneremur cernui;	Laus et jubilatio;
Et antiquum documentum	Salus, honor, virtus quoque
Novo cedat ritui;	Sit et benedictio;
Præstet fides supplementum,	Procedenti ab utroque,
Sensuum defectui.	Compar sit laudatio.
	Amen.

V. Panem de cœlo præstitisti eis (T.P. Alleluia).  
R. Omne delectamentum in se habentem (T.P. Alleluia).

## Oremus.

Deus, qui nobis sub Sacramento mirabili, Passionis Tuæ memoriam reliquisti: tribue, quæsumus, ita nos Corporis et Sanguinis Tui sacra mysteria venerari, ut Redemptionis Tuæ fructum in nobis jugiter sentiamus. Qui vivis et regnas in sæcula sæculorum. Amen.

*Ant.* Adoremus in æternum Sanctissimum Sacramentum.

## PSALM 116.

Laudate Dominum, omnes gentes: laudate eum, omnes populi.

Quoniam confirmata est super nos misericordia ejus: et veritas Domini manet in æternum.

Gloria Patri, et Filio, et Spiritui Sancto.

Sicut erat in principio, et nunc et semper et in sæcula sæculorum. Amen.

*Ant.* Adoremus in æternum Sanctissimum Sacramentum.

## THE DIVINE PRAISES

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the great Mother of God, Mary most holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the Name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.

3 years' Indulgence; 5 years if said publicly; Plenary, under usual conditions, if said daily for a month. (S.P.Ap., Dec. 12, 1935).



## ACT OF CONSECRATION TO THE SACRED HEART

*Recited after the Sermon on the Sacred Heart.*

O most Sacred Heart of Jesus, crushed with sorrow in the Garden of Gethsemane at the sight of my sins, broken on the Cross for my salvation, and consumed with love for me in the Blessed Sacrament of the Altar, I adore Thee in Thy ineffable union with the Person of the Word made Flesh. I give Thee thanks for the bountiful stream of mercies that has flowed forth from Thee on all mankind. I pray Thy pity and Thy pardon for my life of ingratitude and sin. Encouraged by the thought of Thy infinite loving kindness, all unworthy as I am, I would henceforth live for Thee alone. To Thee I devote and consecrate myself and all that is mine; my body with its senses, my soul with its powers, my actions and my sufferings, my joys and sorrows, my successes and disappointments, my words and my thoughts, all my interests, whether temporal or spiritual, my life and my life's service. I commend to Thee all those, living or dead, who are connected with me by bonds of relationship or friendship or faith, as likewise all my enemies. May all that I have in life be Thine, and when I pass through the gates of death, may I find my name written by the merits of Thy Precious Blood in the Book of Life. Amen.

### " O MOST COMPASSIONATE JESUS "

O most compassionate Jesus, Thou alone art our salvation, our life and our resurrection. We implore Thee, therefore, do not forsake us in our need and afflictions, but by the agony of Thy Most Sacred Heart, and by the sorrows of Thy Immaculate Mother, succour Thy servants whom Thou hast redeemed by Thy Most Precious Blood.

## ACT OF CONSECRATION TO THE BLESSED VIRGIN

*Recited after the Sermon on the Blessed Virgin.*

O Immaculate Virgin Mary, Mother of God, who didst also become my Mother beside the Cross of thy Divine Son, I, sinful child though I am, still claim thee as my Mother. Next to Jesus, thou art the one sure hope of my salvation. In my weakness and misery I turn to thee for shelter and protection from the punishment that my sins deserve. To thee I dedicate myself and the work of my salvation: to thee I commend and consecrate my soul, my mind, my heart and my body; my work and interests, present and future; my joys and sorrows; my life and my death; all that I have and all that I am. Likewise do I commit to thy kindly keeping my home and family, my relatives and friends, all who are near and dear, and those for whom I have promised to pray. Be thou my advocate before God; for thou art the Mother of Grace, the Refuge of Sinners and the Gate of Heaven. Keep me faithful to this act of consecration; and, by thy protection and intercession, lead me safely through this life and even unto Eternal Life. Amen.

### THE MEMORARE

Remember, O most loving Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired with this confidence, I hasten to thee, O Virgin of virgins, my Mother. To thee I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and grant my prayer. Amen.

*Indulgence of 3 years; Plenary once a month, on the usual conditions, if recited daily. (S.P.Ap., Sept. 8, 1935).*



## THE SACRED PASSION. MEDITATION: WHAT IT MEANS

To many the word 'meditation' is forbidding or discouraging. Layfolk are inclined to regard it as one of those higher or out-of-reach forms of prayer almost exclusively reserved for those of advanced holiness. This is indeed a fallacy. To meditate merely means to think or to reflect. And surely all with ordinary minds or mentalities can *think*! In fact, many 'meditate' for hours every day: the business-man reviewing his stock, counting his losses or gains, planning for better trade; the housewife detecting domestic mismanagement, arranging for better household economy—and so on. Prayerful meditation is simply the training of one's thoughts on spiritual things and their application to one's own interior life.

To make a meditation on the Sacred Passion, we select some suitable scene: any incident or event from Gethsemane to Calvary, any of the Sorrowful Mysteries of the Rosary, any one of the "Stations" of the Cross, any words spoken to or by Our Divine Lord, any of the sufferings and insults endured by Him. In His torments we see our sins: in His tormentors we see ourselves. From every scene we can learn a lesson and apply it to our daily lives. Thus does the Passion of Christ become a living thing in our everyday existence, and not just a dim, impersonal, historic fact.

This miniature meditation can be made *anywhere*: not necessarily in a church or while on our knees, but even in the midst of work which may be more mechanical than mental, or during times of rest. Nor need it be too prolonged. Even a few moments of fervent reflection will suffice to familiarise one with this greatest love-story that the world has ever known; and those who make it their practice will soon become strangers to sin and the fastest friends of the "Friend of Sinners."

## SHORT ACTS BEFORE MEDITATION

### INVOCATION OF THE HOLY SPIRIT:

Come, O Holy Ghost, fill the hearts of Thy faithful and enkindle in them the fire of Thy Love.

### ACT OF FAITH:

O my God, although I believe that Thou art present everywhere, I know that Thou art closer to those who pray. I believe, therefore, that Thou art specially near to me here and now.

### ACT OF HUMILITY:

Conscious, O my God, of my utter unworthiness and sinfulness, I am ashamed to appear in Thy all-holy Presence. Aware of Thy goodness in allowing me to speak with Thee, I appear before Thee with the deepest humility.

### ACT OF ADORATION:

I adore Thee, O my God, from the depths of my misery and nothingness; and, knowing how cold and how wanting is the measure of my adoration, I invite the Angels and Saints, and especially the Holy Mother of God, to adore Thee with me and for me.

### ACT OF SORROW:

O my God, I detest my sins and am heartily sorry for them. Because Thou art so good and so amiable, I love Thee—or want to love Thee—with all my heart. Deeply grieved for having offended Thee, I will never sin again.

### ACT OF PETITION:

Grant me grace, O my God, to make this meditation with attention, understanding and profit. Enkindle in my heart those holy affections which will make it fruitful.

O Mary, Mother of Grace, help me. My Angel Guardian and all ye Saints of Heaven, intercede for me.



## THE STATIONS OF THE CROSS

One of the best and easiest means of acquiring devotion to the Passion of Our Divine Lord, and of impressing its lessons on the heart, is to practise the pious exercise of the Way of the Cross.

In making the Way of the Cross, it is necessary only to move from Station to Station, so far as space and other circumstances permit, and at the same time to reflect briefly at each Station, according to one's ability, on the sufferings of Jesus Christ. It is not necessary to meditate on the particular incidents of the Passion represented by the pictures at the various Stations. Neither is it necessary to make use of any vocal prayers. It will, however, be helpful to recall the incidents pictured, and to recite the brief prayers introduced by pious custom and commonly used.

The Passionist Fathers have generally the faculty to bless crucifixes of brass or other durable material, by the use of which all the Indulgences attached to the Way of the Cross may be gained by the sick and by all those who, for any reasonable cause, cannot visit the Stations in a church. To gain the Indulgences, the crucifix must be held in one's hand while the *Pater*, *Ave* and *Gloria* are recited fourteen times (i.e., the number of the stations), then five times in honour of the Five Sacred Wounds of Christ, and once for the intention of the Sovereign Pontiff—twenty times in all.

All should make a special effort to perform the way of the Cross (either publicly or privately) *every Friday*, and, if possible, *daily during the holy season of Lent* and *during November for the Souls in Purgatory*.

## INDULGENCES

*All the faithful who, individually or collectively, recite the Stations of the Cross with at least contrite heart, may gain the following Indulgences:—*

1. A *Plenary* Indulgence as often as they complete the recitation of the Stations.

2. Another *Plenary* Indulgence if they go to Holy Communion on the day on which they say the Stations or if, having said the Stations ten times within a month, they receive Holy Communion.

3. A *Partial* Indulgence of ten years for each Station if, having begun the Stations, they are unable for some reasonable cause to complete them.

4. Those who are sick, or in prison, or travelling, or living amongst pagans, or otherwise legitimately impeded from reciting the Stations in the ordinary way, may gain the *Plenary* Indulgence by saying the *Pater*, *Ave* and *Gloria* twenty times (as explained on the previous page).

5. Those mentioned in the preceding paragraph may gain the *Partial* Indulgence of ten years for each *Pater*, *Ave* and *Gloria* they say, if for any reasonable cause they are unable to say the twenty *Paters*, *Aves* and *Glorias*.

6. Those who through illness are unable to recite the Stations in the ordinary way or to say even the twenty *Paters*, etc., may gain the *Plenary* Indulgence of the Stations by kissing or merely looking at the indulgenced Crucifix and saying a short ejaculation in honour of the Passion and Death of Our Lord Jesus Christ. (S.P. Ap., Mar. 20, 1946).



## THE "STEPS" OF THE SACRED PASSION

The Passionist Fathers have been entrusted with the custody of the Shrine of the Holy Stairs—the *Scala Santa*—in Rome. The ascent of the Holy Stairs has been richly indulgenced. To assist the faithful in this holy exercise, special prayers—bringing to mind the principal sufferings of Jesus Christ—are said. The most richly indulgenced of these prayers are commonly called the "Steps of the Passion." Since the time of St. Paul of the Cross, the "Steps of the Passion" have formed part of the prayers recited by the Passionists at the Stations held in the Basilica of SS. John and Paul. By a Rescript of the Sacred Penitentiary, December 21st, 1935, there is an Indulgence of *nine years for each invocation*, and a *Plenary Indulgence* once a day for the recital of the complete prayer, to Passionists and to members of their Confraternity. Those who are not members can gain an Indulgence of *seven years*, provided they are invested in the Black Scapular of the Passion.

1. O sweetest Jesus, sorrowful in the Garden, praying to Thy Father, prostrate in agony, and sweating blood, have mercy on us. *Have mercy on us, O Lord, have mercy on us.*

2. O sweetest Jesus, delivered into the hands of the wicked by the traitor's kiss, apprehended and bound as a thief, and forsaken by Thy disciples, have mercy on us. *Have mercy, etc.*

3. O sweetest Jesus, judged worthy of death by the unjust Council of the Jews, led as a criminal to Pilate, despised and ridiculed by the impious Herod, have mercy on us. *Have mercy, etc.*

4. O sweetest Jesus, stripped of Thy garments and most cruelly scourged at the pillar, have mercy on us. *Have mercy, etc.*

5. O sweetest Jesus, crowned with thorns, buffeted, beaten with a reed, blindfolded, clothed with a purple garment, mocked in many ways, and filled with reproaches, have mercy on us. *Have mercy, etc.*

6. O sweetest Jesus, reckoned of less value than the robber Barabbas, rejected by the Jews, and condemned unjustly to the death of the Cross, have mercy on us. *Have mercy, etc.*

7. O sweetest Jesus, laden with Thy heavy Cross, and led to the place of execution as a sheep to the slaughter, have mercy on us. *Have mercy, etc.*

8. O sweetest Jesus, numbered among thieves, scorned and blasphemed, given gall and vinegar to drink, and tortured on the Cross with cruel pains from the sixth hour to the ninth, have mercy on us. *Have mercy, etc.*

9. O sweetest Jesus, dead on the gibbet of the Cross, pierced with a spear in the sight of Thy Holy Mother, and pouring out blood and water from Thy Sacred Side, have mercy on us. *Have mercy, etc.*

10. O sweetest Jesus, taken down from the Cross, and bathed with the tears of Thy most sorrowful Mother, have mercy on us. *Have mercy, etc.*

11. O sweetest Jesus, covered with bruises and pierced with five wounds, embalmed with spices, and laid in the sepulchre, have mercy on us. *Have mercy, etc.*

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**SPECIAL ATTENTION** is drawn to the EJACULATIONS IN HONOUR OF THE SACRED PASSION on page 13. They are an important part of every Passionist Mission; and should be recited often, and *even daily*, after it and in memory of it, especially in time of temptation or spiritual danger. They can also be added to one's morning and night Prayers. Devotion to Our Divine Lord's Sacred Passion will thus be remembered and practised.



## " ANIMA CHRISTI "

(Cardinal Newman's Translation)

Soul of Christ, be my sanctification ;  
Body of Christ, be my salvation ;  
Blood of Christ, fill all my veins ;  
Water of Christ's Side, wash out my stains ;  
Passion of Christ, my comfort be ;  
O good Jesus, listen to me ;  
In Thy Wounds I fain would hide,  
Ne'er to be parted from Thy side ;  
Guard me, should the foe assail me ;  
Call me when my life shall fail me ;  
Bid me come to Thee above,  
With Thy saints to sing Thy love.  
World without end. Amen.

300 days' Indulgence ; 7 years if recited after Holy Communion ; Plenary under the usual conditions, if recited daily for a month. (S.C. Ind., Jan. 9, 1854).

## PRAYER TO OUR LORD ON THE CROSS

My crucified Jesus, mercifully accept the prayer which I now make to Thee for help in the moment of my death, when all my senses shall fail me.

When, therefore, O sweetest Jesus, my weary and downcast eyes can no longer look up to Thee, be mindful of the loving gaze which I now turn on Thee, and have mercy on me.

When my parched lips can no longer kiss Thy Most Sacred Wounds, remember then these kisses which I now imprint on Thee, and have mercy on me.

When my cold hands can no longer embrace Thy Cross, forget not the affection with which I now embrace it, and have mercy on me.

And when, at length, my swollen and lifeless tongue can no longer speak, remember that I called upon Thee now.

## FIVE RESOLUTIONS IN HONOUR OF JESUS CRUCIFIED

1. O ! my crucified King and my God, remembering that, when in the Garden of Olives, Thy Soul being in agony, and Thy Body in a sweat of blood, Thou didst pray the longer, I promise never to omit my morning and night prayers, and to pray especially when tempted.

2. O ! my crucified King and my God, remembering how Thy Sacred Body was all wounded and torn with the fearful scourging, I promise to avoid all occasions which might lead me into the sin of impurity.

3. O ! my crucified King and my God, remembering how Thy Sacred Head was pierced with cruel, sharp thorns, I promise to reject at once all thoughts of pride, of impurity, and those against charity.

4. O ! my crucified King and my God, remembering how Thou didst carry Thy heavy Cross to Mount Calvary in order to offer the Sacrifice of Thy Life for me, I promise never to miss Holy Mass on Sundays or Holidays without grave necessity.

5. O ! my crucified King and my God, remembering Thy agonising Thirst on the Cross, I promise to avoid the terrible sin of intemperance, and to do my best to prevent it in others.

*Let us pray.*

O my crucified King and my God, without Thee I can do nothing. I ask Thee, by Thy Five Wounds on the Cross, to give me grace to keep these five resolutions.

O ! Mary, my Mother, who didst stand by the Cross of Jesus, by thy Seven Dolours obtain this grace for me.

St. Paul of the Cross, pray for me.



## BEADS OF THE FIVE WOUNDS

V. Incline unto my aid, O God!

R. O Lord, make haste to help me.

V. Glory be to the Father, and to the Son, and to the Holy Ghost.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Holy Mother! pierce me through;  
In my heart each Wound renew  
Of my Saviour Crucified.

### First Wound—The Left Foot.

My Crucified Jesus, I devoutly adore the painful wound of Thy Left Foot. Ah! by the pain which Thou didst feel therein, and by the blood which Thou didst shed from that foot, grant me grace to fly the occasion of sin, and not to walk in the way of iniquity, which leads to perdition.

*Glory be to the Father, etc., five times.*

One *Hail Mary* and *Holy Mother!* etc.

### Second Wound—The Right Foot.

My Crucified Jesus, I devoutly adore the painful wound of Thy Right Foot. Ah! by the pain which Thou didst feel therein, and by the blood which Thou didst shed from that foot, grant me grace to walk constantly in the way of Christian virtue, even to the entrance of Paradise.

*Glory be to the Father, etc., five times.*

One *Hail Mary* and *Holy Mother!* etc.

### Third Wound—The Left Hand.

My Crucified Jesus, I devoutly adore the painful wound of Thy Left Hand. Ah! by the pain which Thou didst feel therein, and by the blood which Thou didst shed from that hand, deliver me from being found at

Thy left hand, with the reprobate, at the last judgment.

*Glory be to the Father, etc., five times.*

One *Hail Mary* and *Holy Mother!* etc.

### Fourth Wound—The Right Hand.

My Crucified Jesus, I devoutly adore the painful wound of Thy Right Hand. Ah! by the pain which Thou didst feel therein, and by the blood which Thou didst shed from that hand, bless my soul and conduct it to Thy kingdom.

*Glory be to the Father, etc., five times.*

One *Hail Mary* and *Holy Mother!* etc.

### Fifth Wound—The Sacred Side.

My Crucified Jesus, I devoutly adore the wound in Thy Sacred Side. Ah! by the blood which Thou didst shed from it, enkindle in my heart the fire of Thy love, and give me grace to persevere in loving Thee to all eternity.

*Glory be to the Father, etc., five times.*

One *Hail Mary* and *Holy Mother!* etc.

## PRAYER TO THE VIRGIN OF SORROWS.

O afflicted Mother! O virginal Heart, buried in the Wounds of thy Son! accept this short memorial of His pains in union with thy grief. Present to Jesus this act of homage, and render my prayers available by thy intercession. Amen.

Three *Hail Marys*.

## INDULGENCES

1. One year once a day.
2. Seven years and seven quarantines, daily, from Passion Sunday to Holy Saturday inclusive; Plenary on the day one fulfils the Easter duty.
3. Plenary, once daily on the usual conditions, on any one Friday of March, on the Feasts of the Nativity, Circumcision, Most Holy Name of Jesus, Epiphany, Resurrection, Ascension, Corpus Christi, Transfiguration, Finding and Exaltation of the Holy Cross (or any day within the week following these Feasts) for those who recite these Beads ten times each month. (S.C. Ind., Jan. 22, 1822; Dec. 20, 1823; Aug. 11, 1851).



## THE BLACK SCAPULAR OF THE SACRED PASSION

This Scapular represents in small size the Sacred Habit which St. Paul of the Cross received in a vision from Heaven when he cherished the design of founding a new Congregation, dedicated to the spreading of devotion to the Sacred Passion of Our Lord Jesus Christ.

On another occasion Our Blessed Lady, clothed with the Black Tunic of the Passion, appeared to him, and told him to found a Congregation in which he and his spiritual sons would be similarly clothed in mourning for, and in memory of, the Passion and Death of her Divine Son.

There is only *one* obligation, namely, that of wearing the Scapular; but this does not bind under pain of sin.

The Blessing given to the first Scapular received passes to all others which may afterwards replace it.

Those who wear this Scapular are bound to no special prayers; but those who wish to gain the Plenary Indulgences indicated on p. 61 must comply with the usual conditions. In order to attain to the end of this devotion, they should strive to perform daily some pious exercise in honour of the Passion of Our Lord, or at least frequently to think upon it. Even amidst their ordinary occupations they should accustom themselves to the recitation of short Ejaculatory Prayers such as those on p. 13.

Especially do we exhort all to perform, when they can, the Stations of the Cross, at least on Fridays; and to recite frequently the Rosary of the Five Wounds, or the Rosary of the Seven Dolours.

Those who wear the Black Scapular are associated with the Congregation of the Passion, and participate in all the good works of the Passionists and their Confraternities.

## INDULGENCES

In 1935 the Sacred Apostolic Penitentiary published the following list of Indulgences which may be gained by anyone who has been enrolled in and who wears the Black Scapular:

### A Plenary Indulgence on the usual conditions

- (1) On the day of enrolment;
- (2) On the following Feasts: Solemn Commemoration of the Passion of Our Lord (Tuesday after Sexagesima Sunday); Most Precious Blood (July 1st); Corpus Christi (Thursday after Trinity Sunday); Finding of the Holy Cross (May 3rd); Exaltation of the Holy Cross (September 14th); The Sorrowful Virgin (Friday after Passion Sunday); Seven Dolours of B.V.M. (September 15th); St. John the Evangelist (December 27th);
- \*(3) On each Friday, if for at least a quarter of an hour they make a meditation on the Passion of Our Lord, even if they use a spiritual book for the purpose.
- (4) At the hour of death provided they have gone to Confession and Communion, or, if this is impossible, have invoked aloud the Name of Jesus with contrite heart, or have done so at least mentally, at the same time accepting death with resignation as the penalty of sin.
- (5) For EACH visit to a church or public oratory of the Passionists, or where the Confraternity has been established, on the Feast of St. Paul of the Cross (April 28th).

**Indult.**—Those enrolled in the Black Scapular, who live in places where there is no church or public oratory of the Passionist Congregation or Confraternity, or who cannot conveniently visit the same, may gain the Plenary Indulgence for each visit on the Feast of St. Paul of the Cross by fulfilling the other conditions, and by making the visits in their own parish church. (S.P.Ap., December 21, 1935).

### Partial Indulgences :

- (1) 7 years as often as they recite the "Steps of the Passion" (see p. 54).
- (2) 5 years, if for any space of time they meditate on the Sacred Passion.
- (3) 500 days as often as they perform any prescribed act of divine worship, of piety, or of mortification, or any work of mercy towards their neighbour, or are present at any discourse on the Passion of Our Lord, or for the advancement of morals.

See CONFRATERNITY OF THE SACRED PASSION (p. 66).



## OUR LADY OF SORROWS

### PRAYER TO OUR SORROWFUL MOTHER FOR A PARTICULAR GRACE

O most holy and afflicted Virgin, Queen of Martyrs, who didst stand on Mount Calvary beholding the agony of thy dying Son: by the sword of sorrow which thus pierced thy heart, by the sufferings of thy whole life on earth, by thy unspeakable joy in Heaven; look down with maternal pity and tenderness as I kneel before thee to sympathise with thy sorrows, and to place my petition, with childlike confidence, in thy wounded heart.

I beg of thee, dear Mother, to plead for me with thy Divine Son, since He can refuse thee nothing, and, through the merits of His most sacred Passion and Death, together with thy own sufferings at the foot of His Cross, so to move His Sacred Heart that I may obtain this request . . . . . (*Here mention your request*).

To whom shall I go in my need and misery, if not to thee, O Mother most merciful, who dost pity us poor exiles still sighing in this valley of tears? Offer to Jesus for us but one drop of His Most Precious Blood, but one pang of His loving Heart; remind Him that thou art our life, our sweetness and our hope, and thy prayer on my behalf will be heard. Amen.

### PRAYER TO THE MOTHER OF SORROWS

O most holy Mother, Queen of Sorrows, who didst follow thy beloved Son through all the Way of the Cross, and whose heart was pierced with a fresh sword of grief at every stage of that most sorrowful journey, obtain for us, we beseech thee, O most loving Mother, a perpetual remembrance of Blessed Saviour's Cross and Death, and a true and tender devotion to all the mysteries of His most holy Passion.

Obtain for us the grace to hate sin, even as He hated it during His agony in Gethsemane; to endure wrongs and insults with all patience, as He endured them in the judgment-hall; to be meek and humble in all our trials, as He was before His judges; to love our enemies, as He loved His murderers and even prayed for them upon the Cross; and to glorify God and do good to our neighbour, even as He did in every mystery of His sufferings.

O Queen of Martyrs, who, by the sorrows of thy Immaculate Heart on Calvary, didst merit to share the Passion of our most dear Redeemer, obtain for us some portion of thy compassion, so that, for the love of Jesus Crucified, we may be crucified to the world in this life; and in the life to come may, by His infinite merits and thy powerful intercession, reign with Him in everlasting glory. Amen.

### PRAYER TO MARY ON MOUNT CALVARY

O Mother of Sorrows, by the anguish and love with which thou didst stand at the Cross of Jesus, stand by me in my last agony. To thy maternal heart I commend the last hours of my life. Offer these hours to the Eternal Father in union with the agony of our Dearest Lord in atonement for my sins. Offer to the Eternal Father the Most Precious Blood of Jesus mingled with thy tears on Calvary, that I may obtain the grace of receiving Holy Communion with the most perfect love and contrition before my death, and that I may breathe forth my soul in the adorable presence of Jesus. Dearest Mother, when the moment of my death has at last come, present me to Jesus as thy child. Ask Him to forgive me for having offended Him, for I knew not what I did. Beg of Him to receive me into the Kingdom of His glory to be united with Him for ever. Amen.



## BEADS OF THE SEVEN DOLOURS

This devotion, instituted in the course of the thirteenth century, honours the Sorrows endured by the Blessed Virgin Mary. It is practised upon a Rosary, composed of seven-times-seven beads, each portion of seven being divided from the rest by medals representing the seven principal Sorrows of her life.

A *Hail Mary* is said on each of the beads, with one *Our Father* before every seven *Hail Marys*. At the end, three *Hail Marys* are said in honour of the sorrowful tears of Our Lady.

### First Dolour

Reflect on the sorrow of Our Blessed Lady, when she presented her Divine Child in the Temple, and heard from the aged Simeon that a sword of grief should pierce her soul.

### Second Dolour

Reflect on her sorrow when, to escape the cruelty of King Herod, she was forced to fly into Egypt with St. Joseph and her beloved Child.

### Third Dolour

Reflect on her grief when, in returning from Jerusalem, she found that she had lost her dear Jesus, Whom she sought sorrowing for three days.

### Fourth Dolour

Reflect on her meeting her Divine Son, all bruised and bleeding, carrying His Cross to Calvary, and seeing Him fall under its heavy weight.

### Fifth Dolour

Reflect on her standing by, when her Divine Son was lifted up on the Cross and the blood flowed in streams from His Sacred Wounds.

### Sixth Dolour

Reflect on her sorrow, when her Divine Son was taken down from the Cross, and laid in her arms.

### Seventh Dolour

Reflect on her following His Sacred Body, as it was borne by Joseph of Arimathea and Nicodemus to the sepulchre.

Add three *Hail Marys*, as mentioned above, in honour of Our Blessed Lady's tears.

## INDULGENCES

for the recitation of the Beads of the Seven Dolours

1. 7 years: each time for the entire Rosary.
2. 100 days for each *Pater* and *Ave* of the Rosary.
3. 200 days for each *Pater* and *Ave* to those who say this Rosary on Fridays or during Lent, or on both Feasts of the Seven Dolours (Friday before Palm Sunday and September 15th), or on any day within the week immediately following these Feasts.
4. 10 years to those who are in the habit of saying this Rosary, as often as they shall hear Mass, be present at a sermon, accompany the Blessed Sacrament brought to the sick, or do any spiritual or temporal work of mercy in honour of Our Lord's Passion or the Sorrows of Our Blessed Lady.

PLENARY INDULGENCE, under the usual conditions:

- (a) to those who say it every weekday for a month;
- (b) on both Feasts of the Seven Dolours;
- (c) to those who say it; for the Souls in Purgatory, every Friday for a year;
- (d) to those who say it on any Thursday in presence of the Blessed Sacrament.

(S.P.Ap., May 28, 1942).



## THE CONFRATERNITY OF THE SACRED PASSION

Saint Paul of the Cross (see p. 67) was the founder of the Passionists—whose members would live and preach the Passion of Christ. But so great was his devotion to Christ Crucified that he wished also to implant that devotion in the hearts and lives of men and women in the world. Out of that wish was born the Confraternity of the Sacred Passion. It is a society, approved by the Church, of persons who wish to practise and to spread devotion to the Sufferings and Death of Christ by leading lives free from sin and by imitating the virtues of our Suffering Redeemer.

In the churches of the Passionists, branches of the Confraternity have been established; and the members, under the guidance of a Spiritual Director, receive instruction in Catholic doctrine and practice, while the foremost theme of the lectures and sermons is an ever-increasing love of Christ Crucified.

To be a member of this Confraternity, one's name should be listed in the official register so that the many spiritual benefits of membership, including rich Indulgences, may be enjoyed. There is no subscription, nor are there any obligatory prayers.

That members may fulfil the main purpose of devotion to Our Lord's Sacred Passion, the following exercises are recommended:

- (a) Regular attendance at daily Mass;
- (b) Frequent reception of Holy Communion;
- (c) The Stations of the Cross;
- (d) Reading about the Sacred Passion, especially in the Holy Gospels;
- (e) Attendance, if or where possible, at the meetings.

Why not strengthen and safeguard your Mission resolutions by becoming a member?

## SAINT PAUL OF THE CROSS

*Founder of the Passionists*

ST. PAUL of the Cross was born in Ovada, a little town in the north of Italy, on January 3rd, 1694. From his tenderest years he manifested an ardent devotion to the Passion of Our Divine Lord, and was possessed with the desire to enkindle it in the hearts of others. After conducting an apostolate to that end among the companions of his childhood and youth, he was, in his twenty-fifth year, favoured by God with frequent inspirations regarding the larger apostolate

destined for him through his foundation of a new religious institute in the Church. His natural hesitation on the subject was banished by a vision of Our Blessed Lady, who appeared to him, clad in the black habit to be worn by himself and his companions, and directed him to set about founding a Congregation whose object should be to promote among men a devotion to the Passion of her Divine Son. Paul was clothed with the Habit of the Passion by his Bishop on November 22nd, 1720; and, after a retreat of forty days, spent in fasting and prayer, he wrote the rules of the new Congregation. Though still only a layman, he was employed by Bishops of various dioceses in the ministry of preaching, with marvellously fruitful results. The intervals between these labours he spent praying and doing penance on Monte Argentaro, a solitary mountain beside the Tuscan Sea. In 1725 he





went to Rome, and received authority to found the Congregation of the Passion from Benedict XIII, who, two years later, ordained him a priest. For the remaining years of his life he laboured indefatigably in his great mission of making the Passion of Jesus Christ a dominant influence in the lives of men. Its influence in his own life was seen in that heroic spirit of mortification and that heroic charity towards his neighbour which were the two prominent features of his sanctity. Worn out by labours and years, he died at the Retreat of SS. John and Paul in Rome, on October 18th, 1775, in the odour of sanctity. He had the consolation of seeing his Order firmly established, and flourishing exceedingly in many parts of his own country before his death. Since then it has spread abroad over nearly the whole Catholic world. It has been approved and its rules sanctioned by several Popes—Benedict XIV, Clement XIII, Clement XIV, Pius VI, John XXIII.

St. Paul of the Cross was canonised by Pope Pius IX on June 29th, 1867, and his feast is kept in the Universal Church on April 28th.

### Prayer to St. Paul of the Cross

O glorious Saint Paul, who, while on earth, wast a mirror of innocence and a pattern of penance! O Hero of Sanctity, specially chosen by God to meditate day and night on the most bitter Passion of His only-begotten Son, and to spread devotion to it throughout the world, by word, by example and by means of thy Institute! O Apostle, powerful in work and word, who didst spend thy life bringing back to the feet of the Crucified the misguided souls of so many sinners, look graciously from Heaven, I beseech thee, on my soul likewise and hear my prayers. Obtain for me so great a love for Jesus suffering, that, by constant meditation on His Passion, I may make His sorrows mine; let me see in the deep Wounds

of my Saviour the malice of my sins, and let me draw from them, as from fountains of salvation, the grace of lamenting them bitterly, and a firm will to imitate thee in penance, if I have not followed thee in innocence. Obtain for me likewise, O Saint Paul, the grace which here at thy feet I particularly and earnestly ask. (*Here mention the grace desired*). Obtain, moreover, for our Holy Mother the Church, victory over her enemies; for sinners, their conversion; and for all heretical nations, especially England, for which thou didst pray so much, a return to the Catholic Faith. Finally, intercede for me with God, that I may have a holy death, so that I may come to enjoy Him with thee in heaven for all eternity.—  
Amen. *Pater, Ave, Gloria.*

*Indulgence of 300 days to those who recite this prayer with due dispositions; Plenary, on the usual conditions, to those who recite it daily for a month. (S.P. Ap., Sept. 12, 1933).*

### Another Prayer to St. Paul of the Cross

O glorious Saint Paul of the Cross, who, by meditating on the Passion of Jesus Christ, didst attain to such a high degree of sanctity on earth and of happiness in Heaven and, by preaching the same holy Passion, didst offer to the world a most efficacious remedy for all its evils: obtain for us that we may ever have the Passion so deeply engraven on our hearts, that we may gather similar fruits in time and in eternity. Amen.

*Pater, Ave, Gloria.*

300 days' Indulgence once a day. (St. Pius X, Sept. 17, 1904).

### Novena in honour of St. Paul of the Cross

*An Indulgence of 3 years each day, to all who make a Novena in honour of St. Paul of the Cross.*

*A Plenary Indulgence, at the end of the Novena on the usual conditions. (S.P. Ap., Mar. 2, 1935).*

No special form of prayer is necessary.



## SAINT VINCENT MARY STRAMBI

*Passionist Bishop*

**S**AINTE VINCENT MARY STRAMBI was born on January 1st, 1745, in Civita Vecchia, near Rome. The only child of a well-to-do chemist, he was ordained as a diocesan priest at the age of twenty-two. So impressed was he by the life and example of Father—now Saint—Paul of the Cross and his companions in the newly-founded Passionist Congregation, that he decided to join them. In spite of strong parental opposition he did so, and he was professed as a Passionist two years after his ordination.



His labours as a missionary bore rich fruit for souls and were often accompanied by apparently miraculous happenings. He conducted retreats for seminarians, for the clergy, and eventually for the College of Cardinals with the Holy Father himself in attendance. Father Vincent Mary became known as "the new Apostle of Rome." Besides these labours, he fulfilled many important positions in the Passionist Congregation. He was also the first biographer of its founder. Thus we have an almost unique book: the life of a saint written by a saint.

In 1801, Father Vincent Mary was consecrated Bishop of Macerata and Tolentino, where he distinguished himself by his work for the poor and sick, and by his fatherly care of both clergy and religious. Privately, he still strove

to live the life of a humble Passionist. When the Napoleonic armies attacked Italy in 1807, Bishop Strambi was exiled because of his refusal to take the oath of obedience to Napoleon. He returned in triumph to his diocese in 1814—when his erstwhile persecutor languished in Elba before his final banishment to Helena.

Old age, as well as health seriously impaired by his labours and sufferings, prompted him to petition the newly-elected Pope Leo XII for his release from the government of his diocese. To this request the Holy Father acceded, but only to call him to Rome in an advisory capacity. Barely a month later, Leo XII lay seriously ill. The Bishop offered his life to God for that of His Holiness. The sacrifice was accepted: Pope Leo recovered, and Bishop Strambi died on his seventy-ninth birthday in 1824.

He was canonised during the Holy Year of 1950 by Pope Pius XII. His Feast is celebrated on September 25th.

### Prayer

O illustrious Confessor of the Faith, Saint Vincent Mary, who defended with invincible constancy the rights of Religion and of Holy Mother Church: O true son of the Passion, who, preaching the mysteries of the Cross and the efficacy of the Precious Blood, drew unnumbered souls to the love of the Crucified: pray, I beseech thee, turn thy glance upon me, who invoke thy protection. Make me strong in the profession of my Faith, and docile to the precepts of the Vicar of Christ. Imprint in my heart a lively remembrance of the sufferings of Jesus, and obtain for me the grace of following thy example on earth, that I may be united with thee in the joys of eternal life in Heaven. Amen.

*Pater, Ave, Gloria.*



## SAINT GABRIEL OF THE SORROWFUL VIRGIN

### *Passionist Student*

ONE of the greatest glories of the Congregation of the Passion is Saint Gabriel of the Sorrowful Virgin. Born at Assisi on March 1st, 1838, the eleventh of the thirteen children of a distinguished Italian lawyer, he died at the early age of twenty-four, after spending less than six years in religion. His life was not all saintly. Of a gay, vivacious disposition, quick-tempered, impatient, fastidious about dress and personal appearance, and devoted to dancing and the theatre, he had more than his share of the faults of the ordinary modern youth. And, though he never lost his innocence or seriously offended God, he led a rather worldly life. So much so that he afterwards doubted whether he would have saved his soul had he remained in the world. In the midst of his thoughtless gaieties he often felt the call to higher things, but long delayed to respond to it. One day, however, Our Blessed Lady (to whom he had an extraordinary devotion) made him clearly understand that it was God's Will that he should enter a Religious Order, and should lose no time in doing so. In less than a month he became a Passionist; and, hidden away from the world and living only to Jesus Crucified and Our Lady of Sorrows, he died, some five years later, with a reputation for the



highest sanctity. His grave at Isola soon became a place of pilgrimage, and is now one of the most famous sanctuaries of Italy. Numberless miracles have been wrought, and are still being wrought, through his intercession. He was beatified on May 31st, 1908 (only forty-six years after his death), by Pope St. Pius X—several who knew him, among them his confessor and one of his brothers, being present at the ceremony. His Canonisation took place on May 13th, 1920.

Leo XIII has said that Gabriel is a perfect model and patron for the youth of our day. Pius XI has declared him Patron of the youth of Italy, and has extended his Feast (February 27th) to the Universal Church.

### Prayer

*(From the Office of Saint Gabriel)*

O God, Who didst teach Saint Gabriel, Thy Confessor, the constant remembrance of the Sorrows of Thy loving Mother, and through her didst crown him with the glory of sanctity and miracles, grant us by his intercession and example, so to share with Thy Mother in her sorrows that, through her maternal protection, we may attain to everlasting salvation. Who livest and reignest world without end. Amen.

### INDULGENCES

Those who visit a church where the Feast of St. Gabriel is being celebrated may gain a Plenary Indulgence on the usual conditions.

Those who recite before a picture of St. Gabriel one, *Pater, Ave Gloria*, with the invocation "St. Gabriel, pray for me" may gain an Indulgence of 300 days; Plenary on the usual conditions if they have done so daily for a month (S.P.Ap., December 10, 1949).



## VENERABLE FATHER DOMINIC BARBERI

*Passionist Apostle of England*

FATHER DOMINIC (BARBERI) of the Mother of God was born near the city of Viterbo, in Italy, on June 22nd, 1792. Orphaned while still a boy, he was adopted by an uncle. In his fourteenth year he received a revelation that he was to work as a Passionist for the conversion of unbelievers.

Many difficulties—not least amongst them his uncle's efforts to have him married—had to be overcome before he entered the Passionist Novitiate, at the age of twenty-two, as a lay-brother. A gradual discovery of the extent of his learning induced his Superiors to have him educated for the priesthood. So rapid was his progress that he was ordained at the age of twenty-six. Soon afterwards he was appointed as Professor of Philosophy and, later, of Theology, in Rome.

During these years he became even more convinced that he was to labour "in the north-west of Europe and especially in England." But not until he was fifty years old did he set foot on English soil.

In spite of opposition from non-Catholics, and even of discouragement from Catholics, his work was crowned with such success as to earn for him the title of "a modern Apostle of England." It fell to his lot to receive into the Church John Henry (later Cardinal) Newman—the most celebrated of his many converts. He spent much time



and effort in ministering to the needs of the Irish immigrants, and later he conducted the first mission ever given by the Passionists in Ireland—at St. Audoen's, High Street, Dublin, in 1849.

His end came suddenly. He became ill on a journey from London, and breathed his last in the Railway Hotel at Reading—where he had been carried from the train.

He was declared 'Venerable' by Pope St. Pius X in 1911. His tomb at St. Anne's, Sutton, Lancashire, is a place of constant pilgrimage, and many favours are attributed to his intercession.

### Prayer for Beatification

O Almighty and Merciful God, who findest Thy delight in the children of men and art wonderful in Thy Saints, glorify Thy Servant, Dominic of the Mother of God. Grant that, for Thy greater glory, his Beatification may soon be proclaimed by the Church, so that we may invoke him as our Father, our Model and our Patron, always honouring Thee, God the Father. God the Son and God the Holy Ghost, to whom be honour, praise and glory for ever. Amen.

*Glory be to the Father, etc., 3 times.*

### Prayer to the Blessed Virgin Mary for the Conversion of England.

O Blessed Virgin Mary, Mother of God and our most gentle Queen and Mother, look down in mercy upon England, thy 'Dowry,' and upon us all who greatly hope and trust in thee.

By thee it was that Jesus, our Saviour and our Hope, was given unto the world; and He has given thee to us that we may hope still more. Plead for us, thy children, whom thou didst receive and accept at the foot of the Cross, O sorrowful Mother. Intercede for our separated brethren that, with us in the one true fold, they may be united to the Chief Shepherd, the Vicar of thy Son.

Pray for us all, dear Mother, that by faith fruitful in good works, we may all deserve to see and praise God, together with thee, in our heavenly home. Amen.

## FATHER CHARLES OF MOUNT ARGUS

**FATHER CHARLES** (HOUBAN) of Saint Andrew was born in Holland in 1821. The fourth in a family of ten, he differed from the others only in his efforts to achieve his sole ambition, namely, to be a priest. For this he prayed and worked hard at school. But, though his conduct was exemplary, he made slow progress at study. Indeed it is likely that he would soon have been obliged to help in providing for the family, but for the prophetic advice given to his parents by their parish priest: "Let him continue his studies: this boy will yet be great."

It was during his service as a conscript in the Dutch army that young Houban first heard of the Passionists. He was so attracted by their way of life that he eventually applied for admission into the Congregation. He was accepted by the Venerable Father Dominic (Barberi) who was Provincial Superior at that time. Father Charles began his life as a Passionist in Belgium. Never again would he see his native land. Apparently he overcame his difficulties in study because in 1850, when only four years professed, he was raised to the priesthood.

After his ordination, he was sent to England, and later to the newly-founded monastery at Mount Argus, Dublin, where he was to spend the remaining years of his life. The Irish people were not slow in discovering his great



holiness, and soon Mount Argus became a place of pilgrimage. People came from all parts of Ireland, from England, and even from America, to receive his blessing and to ask his prayers. Many wonderful graces and cures have been attributed to him.

Although a member of a missionary Congregation, Father Charles never conducted a Mission and rarely preached a formal sermon. Yet he found many simple ways of working for the conversion of sinners. His greatest weapon was prayer. Even when walking about the monastery, his eyes were fixed on a little crucifix that he carried in the palm of his hand, while his lips moved in whispered ejaculations. The great moment of his day was, of course, the celebration of Holy Mass, which he offered with extraordinary devotion and reverence. The fruits that his apostolate bore are known to God alone; but this quiet shepherd of souls touched and comforted many a sinner and gave back grace to countless souls.

He died on January 5th, 1893, at Mount Argus, leaving in his wake a hallowed memory. Far from the country of his birth, he lies among the people he loved in the land of his adoption; and the faithful still come from near and far to pray in the church where his remains now rest.

In November, 1935, Pope Pius XI, at the request of many eminent Church dignitaries, including the Bishops of Ireland, England and Holland, was graciously pleased to sign the Decree for the Introduction of his 'Cause' for Beatification.

### Prayer for Beatification

O Eternal Son of God, who, in Thine infinite wisdom and mercy, didst redeem our souls through Thy Sacred Passion and Death, deign, we beseech Thee, to glorify on earth Thy humble servant, Father Charles, who, through devotion to Thy Sacred Passion, brought peace and happiness to the souls and bodies of many who sought his intercession. Amen.

*Pater, Ave, Gloria.*



## SAINT GEMMA GALGANI

*" Flower of the Passion "*

ON April 11th, 1903, in the town of Lucca in Northern Italy, there died a girl of twenty-five years—Gemma Galgani. She had been the fourth of eight children born to a prosperous chemist, whose wife died when Gemma was only eight. This was the first of many heavy crosses in the life of the young girl. In the words of her teacher, she was " the soul of the school "; but soon she had to perform at home those duties that naturally fell to the eldest daughter in a motherless family. In order to do this, she declined her father's generous offer to send her to the University. In fact it was the extravagant generosity of her father that later brought ruin to the family. After his death, in 1897, Gemma had to watch helplessly while callous creditors seized their property and turned the family out of their home.



About the same time this attractive and talented girl received more than one tempting offer of marriage—a seemingly providential way out of her difficulties. But she had never forgotten the lessons learned from her mother, in happier days, at the feet of the Crucified. She desired now to put them into practice, to be more and more like her Crucified Lord—a victim for the sins of men. Poverty and serious illness made this not only a desire, but a reality: a reality that reached its climax

when she was favoured with the Stigmata of the Sacred Passion.

On a Thursday in June, 1899, there appeared in her hands and feet the wounds inflicted by the nails, and in her side the wound of the lance. The accompanying pain and bleeding did not cease until the following day, Friday, the Feast of the Sacred Heart. The phenomenon was repeated week after week.

During a mission in Lucca in that year, Gemma first met the Passionist Fathers. Through their intervention she was cared for by a kindly Catholic family for the remainder of her trial-filled years, and a saintly Passionist was her spiritual director and, later, her biographer. She died on Holy Saturday, 1903.

In the first Canonisation of his illustrious reign, Pope Pius XII raised her to the honours of the Altar on the Feast of the Ascension, 1940. Her Feast is celebrated on May 14th.

### Prayer

O Saint Gemma, how compassionate was your love for those in distress, how great your zeal to help them. Help me, also, in my present necessity, and obtain for me, I humbly implore, the special favour that I ask, if it be profitable for my soul.

The numerous miracles and wonderful favours attributed to your intercession instil in me the confidence that you can help me. Pray to Jesus, your Spouse, for me; show Him the Stigmata given to you by His love; and remind Him of the blood which flowed from those same wounds, the excruciating pain suffered by you, and the tears that you have shed for the salvation of souls. Place all this, as your precious treasure, in a chalice of love, and Jesus will hear you. Amen.

*Pater, Ave, Gloria.*

## SAINT MARIA GORETTI

### *Martyr of Purity*

SAINT MARIA GORETTI was born on October 16th, 1890, in the small town of Corinaldo in Italy. Her parents were poor and had to work hard for a meagre livelihood, so that Maria's childhood, though a happy one, was surrounded by the privations of poverty. Lack of money, in fact, forced the Goretti family to change their residence twice in search of better opportunities. They finally settled in a forlorn village, La Ferriere, about six miles inland from the seaport town of Nettuno.

Here they shared their home and fortunes with a man named Serenelli and his two sons—the younger of whom, Alessandro, was to play a tragic role in the life of Maria.

As a teenage girl, she was sturdy and well-developed. Accustomed to hardship and to early responsibility in caring for the younger children, she was sensible and serious-minded, though not lacking in the innocent joyousness of healthy youth.

From her earliest years she longed to receive Holy Communion, and to her pious mother, Assunta Goretti, she often expressed this ardent desire in the words: "I want Jesus."

The sermons of a Passionist Father, at St. Mary's in Nettuno, first brought her to a realisation of what our Divine Saviour suffered on account of sin. So deep was



the impression left upon her mind that the horror of sin caused her to exclaim: "Death sooner than that." Not only did this young girl mean what she said, but she proved it beyond all doubt.

When Maria was scarcely twelve years old, Alessandro Serenelli, a morbid and motherless youth of eighteen, made sinful proposals to her. Enraged by her persistent and vigorous rejection of his advances, he first threatened her with a dagger. Then, when threats proved of no avail, he attacked her with savage ferocity, inflicting upon her innocent body fourteen stab-wounds from which she died on the following day, July 6th, 1902, with words of forgiveness for her murderer on her lips.

She was beatified by Pope Pius XII in 1947, and canonised on June 24th in the Holy Year of 1950. Along with Saint Agnes, Virgin and Martyr, Pope Pius XII named Saint Maria Goretti as co-Patroness of Children of Mary. Her Feast is celebrated on July 6th.

### Prayer

O Saint Maria Goretti, who, strengthened by God's grace, did not hesitate, even at the age of twelve, to shed your blood and sacrifice life itself to defend your virginal purity, deign to look graciously on the unhappy race which has strayed far from the path of eternal salvation. Teach us all, and especially youth, with what courage and promptitude we should flee, for the love of Jesus, anything that could offend Him or stain our souls with sin. Obtain for us from Our Blessed Lord victory in temptation, comfort in the sorrows of life, and the grace which we earnestly beg of thee . . . . ., and may we one day enjoy with thee the imperishable glory of Heaven. Amen.

*Pater, Ave, Gloria.*



## THE CARE OF THE SICK AND DYING

In serious illness and at the hour of death, we are in special need of strength for both soul and body. This strength is given to us when Our Divine Lord helps us in the Sacrament of Extreme Unction.

Every Catholic in danger of death through accident, illness or extreme old age should receive this Sacrament. Even sick children can receive it if they have begun to use their reason. The Sacrament can be repeated during the same illness should the danger of death pass and later recur.

In such cases, one should leave at the priest's house exact information: the sick person's name and address, and whether or not there is any immediate danger of death.

In the sick-room, a table should be placed so that the sick person may be able to see it. The table should be covered with a clean white cloth, and upon it a crucifix, two candles in candlesticks, a small vessel of Holy Water with anything convenient for use as a sprinkler, a glass of ordinary water, and a few small pieces of cotton wool on a plate. The cotton wool should be burned after use.

Through the Anointing of the Sick, Our Divine Lord brings healing to the soul. He also refreshes and strengthens it so that suffering may be patiently borne and trust in God renewed. Above all, He forgives the sick person's sins and remits temporal punishment. Even mortal sins are forgiven if the invalid is too ill to confess them—provided that there is sufficient sorrow.

Quite often, Christ grants some relief in the illness: sometimes even a complete cure, if this would be for the good of the soul. But, if it be God's will that death must come soon, then the merciful Saviour gives spiritual strength for the last agony.

## INVALID'S PRAYER

O Jesus, who as Head of Thy Church has deigned to unite Thy own sufferings to those of Thy faithful, accept this my suffering that I may thus become an instrument of salvation and be crucified with Thee.

I offer to Thee the pain of this day for the conversion of the heathen to the light of the Gospel, and for all heretics who have strayed from Thy Church.

Grant, O Jesus, that I may be able to carry my cross this day and always with a serene spirit, so that I may one day be glorified with Thee in heaven. Amen.

## CONSECRATION TO THE MOTHER OF SORROWS

(Composed by Pope Pius XII)

*To be said by the Sick*

O gentle and good Mother, whose soul was pierced by the sword of sorrow, allow us, the sick and unfortunate, to stand beside you, close to your Son Jesus on Calvary.

Ennobled by the divine grace of suffering and wishing to fulfil, even in ourselves, that which we lack of Christ's Passion, for the benefit of His Mystical Body, the Church, we consecrate to you ourselves and our sufferings so that you may place them on the altar of the Cross of your Divine Son, as a humble sacrifice of propitiation for our own spiritual health and the welfare of our brethren.

Receive, O Sorrowing Mother, our consecration, and strengthen our hearts with the hope that, as we participate in the sufferings of Christ, so may we enjoy His comfort in this life and in eternity. Amen.

## OUR FOREIGN MISSION

### *The Prefecture Apostolic of Bechuanaland*

The Passionists of St. Patrick's Province (Ireland and Scotland), have a foreign mission field in Africa. It embraces the whole geographical territory of Bechuanaland and includes the famous Kalahari Desert. It is more than three times the size of Ireland and Scotland put together.

Passionist Fathers, Brothers and Sisters have been working in Bechuanaland since 1952. The progress made by them since that time moved the Holy See in April, 1959, to establish a Prefecture Apostolic in the territory with a Passionist Prefect Apostolic (Right Rev. Monsignor Urban Murphy, C.P.) in charge.

Some idea of the magnitude of the missionaries' work may be gathered from reflecting that only about one in every eighty persons is a Catholic. There are now more than four thousand African Catholics in Bechuanaland, but there are more than three hundred thousand people in the country. There are five Catholic Churches and mission stations from which the Fathers go out to celebrate Holy Mass in some twenty Bush Chapels—usually small mud huts with thatched roofs, or African houses. Some of these out-stations may be two hundred, or even three hundred, miles from the priest's residence and across tracks of desert.

Assisting the Fathers and Brothers in their missionary work are the Passionist Sisters who are mainly responsible for the excellent educational successes now being achieved. The Sisters also have dispensaries, nurse in the Government Hospital, and generally look after all that pertains to the domestic side of mission life.

Although each year brings its problems in the mission field, it also brings its joys. Since the Passionists arrived

in Bechuanaland, the number of Catholics has trebled and the number of baptisms per year shows the same increase. The children coming to the schools are now being numbered in thousands. Much is being done for the Catholic Church although so much more remains to be done.

To maintain the advance of Catholicism more Fathers, Brothers and Sisters are needed. Courageous young boys and girls reading this may, please God, some day help as missionaries.

A growing Mission Fund is necessary. Without the help of generous benefactors the work is quite impossible.

Not least, but perhaps most of all, prayer is essential. The Lord of the Harvest must be implored to send labourers and to provide their hire.

### A Prayer for the Missions

O God, who desirest that all men should be saved and come to the knowledge of Thy truth: send, we beseech Thee, labourers into Thy harvest, and grant them grace to speak Thy word with all trust: that Thy words may run and be glorified: and that all nations may know Thee, the One True God, and Jesus Christ Thy Son Our Lord, Whom Thou hast sent to us. Who liveth and reigneth, etc. (*From the Missal*).

### INDULGENCES

A Plenary Indulgence to those who receive Holy Communion monthly and pray for the Missions, as well as going to Confession and visiting a church or public oratory. (S.P.Ap., June 6, 1923).

300 days to those who assist the Missions either by alms or their own personal work, or who encourage others to do the same, whenever they recite the invocation: Jesus, our way and our life, have mercy on us. (S.P.Ap., June 2, 1933).

(All correspondence concerning the Foreign Mission may be sent to: **THE FOREIGN MISSION SECRETARY, MOUNT ARGUS, DUBLIN**).



**YOU CAN HELP**

THE  
**PASSIONIST FATHERS**

*to bring the message of*

**CHRIST'S PASSION  
and DEATH**

TO THE WORLD



WITH

YOUR HELP

*we can prepare*

**PRIESTS, BROTHERS,  
MISSIONERS**

*to work for God in*

**IRELAND, SCOTLAND, AFRICA**

---

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CAN HELP YOU**

*by their prayers and  
good works*



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DECEASED BENEFACTORS

*Our Communities pray daily  
for the same intention*



*Donations may be sent to*

**Very Rev.  
FATHER PROVINCIAL, C.P.,  
Mount Argus, Dublin**

*They will be gratefully received*

---

# VOCATIONS

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BROTHERS ARE NEEDED

SISTERS ARE NEEDED

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THE REV. DIRECTOR OF VOCATIONS,  
Mount Argus, DUBLIN.

Girls should apply to :

MOTHER SUPERIOR, C.P.,  
The Convent,  
Glandore Road, DUBLIN.

or to :

MOTHER SUPERIOR, C.P.,  
The Convent,  
Bryson Street, BELFAST, 5.

## ADDRESSES OF PASSIONIST MONASTERIES in the PROVINCE OF ST. PATRICK

1. ST. PAUL'S, Mount Argus, Dublin.  
*Telephone : Dublin 91165.*
2. HOLY CROSS, Ardoyne, Belfast, 14.  
*Telephone : Belfast 743433.*
3. ST. GABRIEL'S, The Graan, Enniskillen, Co. Fermanagh.  
*Telephone : Enniskillen 2272.*
4. ST. JOSEPH'S, Cloonamahon, Collooney, Co. Sligo.  
*Telephone : Collooney 3.*
5. ST. PATRICK'S JUNIORATE, Tobar Mhuire, Crossgar,  
Co. Down.  
*Telephone : Crossgar 242.*
6. BELVEDERE HALL, Windgates, Bray, Co. Wicklow.  
*Telephone : Greystones 4115.*
7. ST. MUNGO'S, 52, Parson Street, Glasgow, C.4.  
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8. ST. MARY'S, Drum-mohr, Musselburgh, Midlothian.  
*Telephone : Musselburgh 2776.*
9. ST. GABRIEL'S, Westloan, Prestonpans, East Lothian.  
*Telephone : Prestonpans 352.*
10. ST. MICHAEL'S, Dankeith, Kilmarnock, Ayrshire.  
*Telephone : Symington 254.*
11. FATIMA RETREAT HOUSE, Coodham, Kilmarnock,  
Ayrshire.  
*Telephone : Symington 296.*
12. PASSIONIST AFRICAN MISSION :  
*Address of Prefect Apostolic : Catholic Mission, P.O. Box 31,  
Francistown, Bechuanaland, S. Africa.*



## MISSION HYMNS

### 1.—TO JESUS' HEART ALL BURNING

1. To Jesus' Heart all burning  
With fervent love for men,  
My heart with fondest yearning  
Shall raise its jovful strain.  
*While ages course along,  
Blest be with loudest song,  
The Sacred Heart of Jesus  
By every heart and tongue.*
2. Oh, Heart for me on fire,  
With love no man can speak,  
My yet untold desire  
God gives me for Thy sake.  
*While ages course along, etc.*

### 2.—SWEET HEART OF JESUS

1. Sweet Heart of Jesus, fount of love and mercy,  
To-day we come Thy blessing to implore.  
Oh, touch our hearts, so cold and so ungrateful,  
And make us, Lord, Thine own for evermore.  
*Sweet Heart of Jesus, we Thee implore,  
Oh, make us love Thee more and more.*
2. Sweet Heart of Jesus, bless all hearts that love Thee,  
And may Thine own Heart ever blessed be.  
Bless us, dear Lord, and bless the friends we cherish;  
And keep us true to Mary and to Thee.  
*Sweet Heart of Jesus, etc.*

### 3.—O SACRAMENT MOST HOLY

O Sacrament most holy!  
O Sacrament divine!  
All praise and all thanksgiving  
Be every moment Thine.

(Above verse sung thrice—usually at the end of Benediction  
instead of the "Laudate").

### 4.—SWEET SACRAMENT DIVINE

1. Sweet Sacrament Divine  
Hid in Thine earthly home;  
Lo! round Thy lowly shrine,  
With suppliant hearts we come.  
Jesus, to Thee our voice we raise  
In songs of love and heartfelt praise,  
Sweet Sacrament Divine.
2. Sweet Sacrament of Peace,  
Dear home of every heart,  
Where restless yearnings cease,  
And sorrows all depart.  
Here in Thine ear, all trustfully,  
We tell our tale of misery,  
Sweet Sacrament of Peace.

### 5.—JESUS, MY LORD, MY GOD, MY ALL

1. Jesus, my Lord, my God, my all,  
How can I love Thee as I ought?  
And how revere this wondrous gift,  
So far surpassing hope or thought?  
*Sweet Sacrament, we Thee adore,  
Oh, make us love Thee more and more.*
2. Had I but Mary's sinless heart  
To love Thee with, my dearest King,  
Oh, with what bursts of fervent praise  
Thy goodness, Jesus, would I sing!  
*Sweet Sacrament, etc.*

### 6.—HYMN OF REPENTANT SORROW

1. Jesus, my God, behold at length the time  
When I resolve to turn away from crime.  
*Oh! pardon me, Jesus, Thy mercy I implore;  
I will never more offend Thee—no, never more.*
2. Since my poor soul Thy Precious Blood hath cost,  
Suffer me not for ever to be lost.

*Oh! pardon me, etc.*



### 7.—ACT OF CONTRITION

1. God of mercy and compassion,  
Look with pity down on me ;  
Father, let me call Thee Father,  
'Tis Thy child returns to Thee.  
*Jesus, Lord, I ask for mercy,  
Let me not implore in vain ;  
All my sins I now detest them.  
Never will I sin again.*
2. By my sins I have deserved  
Death and endless misery ;  
Hell, with all its pains and torments,  
And for all eternity. *Jesus, Lord, etc.*

### 8.—FAITH OF OUR FATHERS

1. Faith of our Fathers ! living still,  
In spite of dungeon, fire and sword ;  
Oh, how our hearts beat high with joy  
Whene'er we hear that glorious word.  
*Faith of our Fathers, holy Faith !  
We will be true to thee till death.*
2. Our Fathers chained in prisons dark,  
Were still in heart and conscience free ;  
How sweet would be their children's fate  
If they, like them, could die for thee.

### 9.—GOD BLESS OUR POPE

1. Full in the panting heart of Rome,  
Beneath the Apostles' crowning dome,  
From pilgrims' lips that kiss the ground,  
Breathes in all tongues one only sound :  
*God bless our Pope, the great, the good !*
2. The golden roof, the marble walls,  
The Vatican's majestic halls,  
The note redoubled, till it fills  
With echoes sweet the Seven Hills.

### 10.—HAIL, QUEEN OF HEAVEN

1. Hail, Queen of Heaven, the ocean star,  
Guide of the wanderer here below.  
Thrown on life's surge, we claim thy care,  
Save us from peril and from woe.  
  
*Mother of Christ, Star of the Sea,  
Pray for the wanderer, pray for me.*
2. O gentle, chaste and spotless maid,  
We sinners make our prayers through thee.  
Remind thy Son that He has paid  
The price of our iniquity.

*Virgin most pure, Star of the Sea,  
Pray for the sinner, pray for me.*

### 11.—I'LL SING A HYMN TO MARY

1. I'll sing a hymn to Mary,  
The Mother of my God,  
The Virgin of all virgins,  
Of David's royal blood.  
Oh ! teach me, holy Mary,  
A loving song to frame,  
When wicked men blaspheme thee,  
I'll love and bless thy name.
2. O Lily of the Valley,  
O Mystic Rose, what tree—  
Or flower, e'en the fairest—  
Is half so fair as thee ?  
O ! let me, though so lowly,  
Recite my Mother's fame :  
When wicked men blaspheme thee,  
I'll love and bless thy name.



## APPENDIX

### BLACK SCAPULAR OF THE SACRED PASSION

#### BLESSING AND ENROLMENT

*Sacerdos indutus superpelliceo et stola rubea, eo genuflecto, cui Scapulare est imponendum, dicere potest (in plurali pro pluribus):*

V. Adjutorium nostrum in nomine Domini.

R. Qui fecit coelum et terram.

V. Dominus vobiscum.

R. Et cum spiritu tuo.

*Oremus.*

Domine Jesu Christe, qui pro redemptione mundi voluisti nasci, circumcidi, a Judaeis reprobari, a Juda traditore osculo tradi, vinculis alligari, sicut agnus innocens ad victimam duci, atque conspectibus Annae, Caiaphae, Pilati et Herodis indecenter offeri, a falsis testibus accusari, flagellis et opprobriis vexari, sputis conspui, spinis coronari, colaphis caedi, arundine percuti, facie velari, vestibus exui, Cruci clavis affigi et lancea vulnerari: tu, Domine, per has sanctissimas poenas tuas, et sanctam Crucem et mortem tuam, hujus famuli tui (*vel* famulae tuae) intellectum illumina, affectum inflamma, ut caritatis tuae dulcedine perfusus (-a) lacrimas compunctionis jugiter effundat, totaque virtute te diligat, et quae tibi placita sunt, tota dilectione perficiat: Qui vivis et regnas cum Deo Patre in unitate Spiritus Sancti Deus, per omnia saecula saeculorum. Amen.

*Praedictae tamen preces omitti possunt ad libitum. Deinde dicit:*

V. Adjutorium nostrum in nomine Domini.

R. Qui fecit coelum et terram.

V. Sit nomen Domini benedictum.

R. Ex hoc nunc et usque in saeculum.

V. Domine, exaudi orationem meam.

R. Et clamor meus ad te veniat.

V. Dominus vobiscum.

R. Et cum spiritu tuo.

*Oremus.*

Domine Jesu Christe, qui tegumen mortalitatis nostrae assumere dignatus es: te humiliter deprecamur; ut hoc indumentum, quod in memoriam tuae sanctissimae passionis et mortis institutum fuit, bene  $\times$ dicere et sancti  $\times$ ficare digneris; ut hic famulus tuus qui (*vel* haec famula tua quae) ipsum gestaverit, ejusdem Passionis particeps effectus (-a), aeternam gloriam tuam consequi mereatur: Qui vivis et regnas in saecula saeculorum. Amen.

*Mox Sacerdos sacrum Scapulare aspergit aqua benedicta, et illud imponit, dicens (in plurali pro pluribus):*

Induat te Dominus novum hominem, ut hac lugubri poenitentiae tessera munitus (-a) jugiter aspicias ad Jesum, quem manus impiorum confixerunt, et doleas super eum, ut doleri solet in morte primogeniti. Amen.

*Deinde subjungit:*

Et ego, ex facultate mihi concessa, recipio te (*vel* vos) ad participationem omnium bonorum spiritualium, quibus ex Apostolico privilegio gaudet Congregatio Sanctissimae Crucis et Passionis Domini nostri Jesu Christi. In nomine Patris, et Filii,  $\times$  et Spiritus Sancti. Amen.

*In fine tandem dicitur:*

Passio Domini nostri Jesu Christi sit semper in cordibus nostris. Amen.



## BEADS OF THE SEVEN DOLOURS

### BLESSING

*Sacerdos, superpelliceo ac stola alba indutus, dicit :*

V. Adjutorium nostrum in nomine Domini.

R. Qui fecit coelum et terram.

V. Dominus vobiscum.

R. Et cum spiritu tuo.

### *Oremus.*

Omnipotens et misericors Deus, qui propter nimiam caritatem, qua dilexisti nos, Filium tuum unigenitum, Dominum nostrum Jesum Christum, pro redemptione nostra de coelis ad terram descendere, carnem suscipere, et crucis tormentum subire voluisti: obsecramus immensam clementiam tuam; ut hanc coronam, in memoriam septem dolorum Genetricis Filii tui ab Ecclesia tua fidei dicatam, bene✠dicas, et sancti✠fices, et ei tantam Spiritus ✠ Sancti virtutem infundas, ut quicumque eam recitaverit, ac secum portaverit, atque in domo sua reverenter tenuerit, ab omni hoste visibili et invisibili, semper et ubique in hoc saeculo liberetur, et in exitu suo a beatissima Virgine Maria tibi, bonis operibus coronatus, praesentari mereatur. Per eundem Christum Dominum nostrum. Amen.

*Deinde Sacerdos aspergit coronam aqua benedicta.*

### FORMULA BREVIOR

*Haec formula tantummodo privatim adhiberi potest, si quando, ratione circumstantiarum, valde incommodum sit longiorem adhibere.*

Ad laudem et gloriam Deiparae Virginis Mariae, in memoriam Dolorum quos ipsa in vita et morte ejusdem Filii sui Domini nostri Jesu Christi sustinuit, bene✠dicatur et sancti✠ficetur haec corona: in nomine Patris, et Filii, ✠ et Spiritus Sancti. Amen.

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